

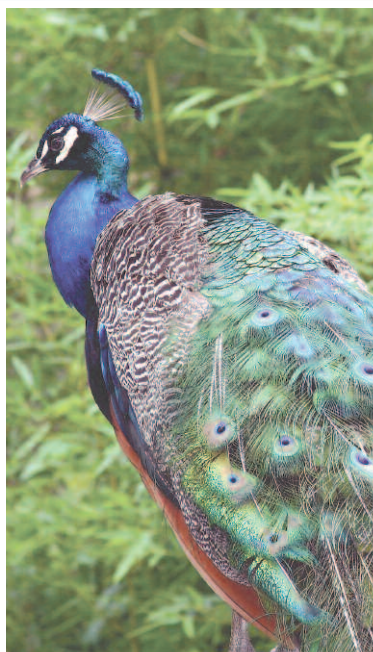
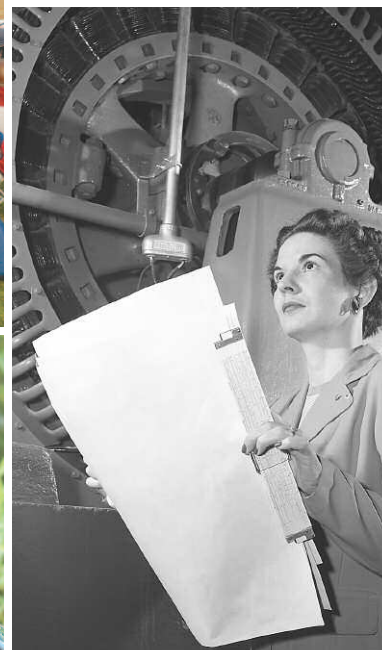
CITY OF HAMPTON PARKS & RECREATION

take one
SPRING – SUMMER 2015
[save until August 2015]

FREE

OUR MISSION To create enriching experiences and beautiful environments for everyone to enjoy.

Happenings



WE SHOULD TOTALLY HANG OUT.



Where else can you take a boat ride to an island fortress, come face to face with Blackbeard the Pirate, ride a hundred year-old horse, catch the latest IMAX® movie in 3-D and shoot off into the cosmos all in one place?

SEA TO STARS
TICKET

Explore Hampton's signature attractions with one combo ticket
at one low price. \$39 for adults and \$25 for kids ages 4-11
Call 800.800.2202 for details or VisitHampton.com

THIS IS
Hampton
VIRGINIA

FITNESS FOR ALL at Hampton's Community Centers



Community Centers will be noted in program listings by their abbreviations as listed below:

Fort Monroe Community Center (FMCC) 727-6831
Hampton Performing and Creative Arts Center (PAC) 766-1510
Hampton Senior Center (HSC) 727-1601
North Phoebus Community Center (NPCC) . . 727-1160
Northampton Community Center (NHCC) . . . 825-4805
Old Hampton Community Center (OHCC) . . . 727-1123
West Hampton Community Center (WHCC) . . 896-4687

General HPR Memberships are \$20/year for adults and seniors and \$15/year for youth and teens.

Fitness Center Memberships and classes are for ages 13 & up – ages 13-15 must be accompanied by an adult. See page 30 for fees and more information.



The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex, or disability.

If you are disabled and have need for a special accommodation in order to participate, please contact us at 727-6348.

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Blackbeard Pirate Festival

Saturday, May 30, 10am-10pm [fireworks at 9pm]

Sunday, May 31,
Noon-6pm

Ahoy Me Hearties

On the eve of his sea battle, Blackbeard had a party... thus, the Grand Pirate's Ball... a delightful banquet of fine food, and pirate's grog as well as rousing pirate music to entertain. So dress in yer best and join us for this most wonderous of affairs on **Friday, May 29** at 7pm in the **Crowne Plaza Hotel** in **Downtown Hampton**.

Tickets will be \$35 in advance, \$40 at the door
For information go to www.hampton.gov/parks



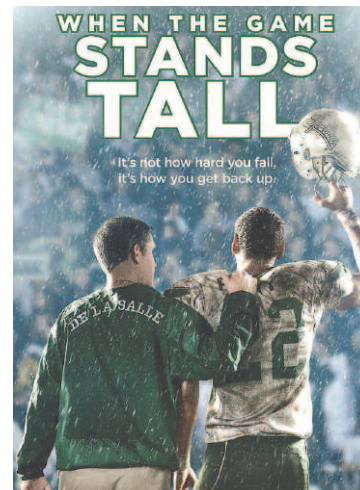
FAMILY MOVIE SERIES

tuesday nights

Mill Point Park ♦ Downtown Hampton

[100 Eaton Street]

FREE ADMISSION! Bring your friends, family, folding chairs, and blankets to the park this summer to enjoy free movies. Entertainment begins at 7pm, followed by our feature presentation at sunset. Food & beverages available for purchase.



6/23 Maleficent • A vengeful fairy is driven to curse an infant princess, only to discover that the child may be the one person who can restore peace to their troubled land. (PG/97 mins) Activities sponsored by Hampton Roads Fencing Club.

6/30 Night at the Museum: Secret of the Tomb • Larry spans the globe, uniting favorite and new characters while embarking on an epic quest to save the magic before it is gone forever. (PG/96 mins) Activities sponsored by Hampton History Museum.

7/7 Penguins of Madagascar • Skipper, Kowalski, Rico and Private join forces with undercover organization The North Wind to stop the villainous Dr. Octavius Brine from destroying the world as we know it. (PG/92 mins) Activities sponsor TBA.

7/14 Annie (2014) • Annie is a young, happy foster kid who's also tough enough to make her way on the streets of NY in 2014. Left by her parents as a baby with the promise that they'd be back for her, it's been a hard knock life ever

since. Everything's about to change when hard-nosed tycoon and New York mayoral candidate Will Stacks makes a thinly-veiled campaign move and takes her in. (PG/118 mins) Activities sponsored by York River Symphony Orchestra.

7/21 When the Game Stands Tall • The journey of legendary football coach Bob Ladouceur, who took the De La Salle High School Spartans from obscurity to a 151-game winning streak that shattered all records. (PG/115 mins) Activities sponsored by North Phoebus Community Center.

7/28 How to Train Your Dragon 2 • Hiccup and Toothless discover an ice cave that is home to hundreds of new wild dragons and Dragon Rider. They find themselves at the center of a battle to protect the peace. (PG/102 mins) Activities sponsored by Virginia Air & Space Center.

8/4 Home • Earth is taken over by the overly confident Boov, an alien race in search of a new home, all humans are promptly relocated while all Boov get busy reorganizing the planet. But when a resourceful girl, Tip, manages to avoid capture, she

finds herself the accidental accomplice of a banished Boov named Oh. The two fugitives realize there's more at stake than intergalactic relations and embark on the road trip of a lifetime. (G) Activities sponsored by HPR Fitness.



For more information,
call 727-8311
www.hampton.gov/parks



Diggity Dudes



Via Goode



John Kingry



Sheila Arnold Jones



Jon Norton


Histerically Correct
Pirates

JUNE 19 DIGGITY DUDES play hip music for hip kids and their equally hip parents. A typical set covers everything from pet rocks to disco moves to science experiments to presidential physical fitness, all delivered via ultra-catchy melodies over funky and danceable grooves. Interactive skits, audience participation and a lighthearted comedic twist are what make a Diggity Dudes show more than a show – it's truly an experience.

JUNE 26 VIA GOODE tells Goode stories for Great kids -- of ALL ages! She has been featured in more than 500 performances throughout Hampton Roads. Via has also headlined at The Children's Museum of Virginia, as well as The Chrysler Museum of Art's "Tickle My Ears" and "Second Saturdays/Family Fun Days" programs. Whether she's adding a new twist on an old tale, or telling an original story that may soon become a classic, Via mesmerizes her audience, using props, character voices, and songs as she performs her stories (or as one 4-year-old listener explained, "Mommy, she didn't have any books; she WAS the story!").

Rain site: West Hampton Community Center 1636 Briarfield Road
www.hampton.gov/parks 757-727-8311



EXPERIENCE
THE ART OF
STORYTELLING
THROUGH MAGIC,
MUSIC, PUPPETRY
AND PROSE.

**FRIDAYS
10:30AM**

**BLUEBIRD
GAP FARM**

60 Pine Chapel Road

Come early and bring your
picnic basket or stay after to
greet the animals and enjoy
the playground.

*Children 'rock' at
Bluebird Gap Farm!*

JULY 10 JOHN KINGRY has entertained families in Hampton Roads for over 30 years. He has been a featured performer in most of Hampton Roads largest venues, as well as hundreds of private events in people's homes. This is his first performance at Storytelling in the Park. His comedy magic act features illusions utilizing members of the audience including a levitation, the production of a rabbit, and hilarious situations that can only be resolved with magic. Don't miss him.

JULY 17 SHEILA ARNOLD JONES lives in Hampton, VA. She has been a Professional Storyteller and Performer for 11 years and travels through the US sharing stories, often including songs and interacting with the audience. Come ready to hear a new tale, or reminded of an old one that will tickle your ears

JULY 24 JON NORTON is local grown juggler from Hampton Roads who has now taken his talents across the country, entertaining thousands along the way! Jon Norton's Juggling and Danger Show combines risky feats of balance and juggling with comedy and absolute ridiculousness. Jon brings all the talent and excitement of a trained circus performer from the three rings directly to you!

JULY 31 HYSTERICALLY CORRECT PIRATES - Join Captain Willoughby Caught and the Crew for a fun, interactive, and musical sail through pirate lore and legend. Hear musical tales of the pirates that once sailed these waters...Learn to talk, walk, work, play, dance, and sing like a real pirate. Lots of fun sing-along songs, and even a chance to play in the pirate band!

REGISTER EARLY!

All classes are filled on a first-come, first-served basis. Each class must draw a minimum number of participants or it will be cancelled.

Program fees must be paid at the time of registration. Unless otherwise noted, full payment serves as your registration. Early registration helps prevent class cancellations.

REFUND/CANCELLATION POLICY

Full refunds will be sent automatically when classes are cancelled due to insufficient registration or when changes in time, day, or location prohibit the registrant's attendance.

- Since commitments for these services are made prior to the class start date, no refunds are given after the class has met for the first time.
- If you are unsure of a class and want to attend the first class without registering, call 727-1664 and ask to sample a class.

HAMPTON PARKS & RECREATION ADVISORY BOARD

Meetings are generally held quarterly (Feb, May, Aug, Nov) on the first Wednesday of the month at 6:30pm. Please note these meetings are subject to change without public notification.

For more information, or to be placed on the agenda, please call the Hampton Parks & Recreation administration office at 727-6479.

BOARD MEMBERS:

Mr. Willie Brown

Mr. H.R. "Fuzzy" Bukovich

Mr. Jack Pope

Mr. Walter "Bud" Porter

Mr. Doug Sessoms

Mr. Robert Shuford

Mr. Donald Van Patten

(updated 3/9/15)

[www.hampton.gov/parks/
administration_advisory_board](http://www.hampton.gov/parks/administration_advisory_board)

The Hampton Tennis Center's Director is **Thomas Onoff**. A graduate of Christopher Newport University, Thomas has been a fixture in local tennis for over 20 years. In addition to playing for C.N.U. and many local and state tournaments, Thomas has also been a racquet stringer for many years, including 3 at the U.S. Open. Please come by and meet Thomas and his professional staff anytime, and see what a difference world-class racquet service can do for your game.

JUNIORS

The Hampton Tennis Center offers programs to fit any junior's age and ability; ranging from first timers to advanced team players. Our instructional staff will work with all players to help make tennis a fun and healthy part of life for years to come. For details about lessons, camps, and play, please call or visit the H.T.C. today.

ADULTS

Are you looking for a competitive match or just a different kind of workout? If so, then the Hampton Tennis Center has what you need. Whether you're picking up a racquet for the first time, or have been playing for 80 years, the H.T.C. has a variety of programs to suit everyone. Please call or visit to get details about our leagues, lessons, tournaments, and social events.

SEASON PASS

Purchase a season pass now and enjoy unlimited court time, league play, and other great benefits all Spring, Summer, and Fall.

- Individual** (includes 1 league) \$125
- Each additional league** \$25
- Couple** (same household) \$200
- Family** (includes children under 18) . . \$225
- Junior** (under 18) \$45

Check our website
for upcoming information
on Summer Camps:
www.hampton.gov

HAMPTON TENNIS CENTER

OPEN APRIL 1 - OCTOBER 31
CENTER HOURS: Monday – Thursday 8:30am-Noon & 3:30-9pm;
Friday & Saturday 8:30am-Noon • Sunday 3-6pm

Hampton Tennis Center is a full service municipal tennis facility employing a Director, Teaching Pro, and trained staff to maintain the (7) Har-Tru courts in excellent playing condition and provide options to suit your tennis needs.

Our activities include: open play, league play, tournaments, ball machine rental, social events, and custom racquet stringing and service. Visit or call the Hampton Tennis Center for details or to register.

9 Woodland Road ■ 727-1193

EMAIL: tonoff@hampton.gov

PRIVATE LESSONS AVAILABLE BY APPOINTMENT



AM DOUBLES	Mixed Senior Doubles Mon 9-11am
	Ladies Senior Doubles Mon 9-11am
	Men's Senior Doubles Tues 9-11am
	Men's Senior Doubles Wed 9-11am
	Ladies Senior Doubles Thurs 9-11am
PM SINGLES	Men's (3.5) Singles Mon . . . 6-7:30pm
	Men's (4.0) Singles Mon . . . 7:30-9pm
PM DOUBLES	Men's (3.5-4.0) . . Doubles Wed . 6:30-8:30pm
	Men's (4.0-4.5) . . Doubles Thur 6-8pm
	Mixed (4.0-4.5) . . Doubles Tue . 6:30-8:30pm
	Mixed (3.0-3.5) . . Doubles Sun 4-6pm

leagues

BARK PARKS

SANDY BOTTOM BARK PARK 1255 Big Bethel Rd
RIDGWAY BARK PARK 85 E. Mercury Blvd

Hampton Dog Parks are public parks designated and built specifically for you and your dog to socialize and exercise safely and off-leash. Hampton boasts 2 fenced, off-leash dog parks with a variety of amenities. Annual membership is \$10 (\$5 for each additional dog) and includes access to both Sandy Bottom and Ridgway Bark Parks. Dogs must be at least 4 months old, have current proof of registration and paperwork showing up to date Rabies, Parvo, Distemper and Bordetella.

Visit Hampton Bark Parks Year Round

Registration is available at Parks and Recreation on the 5th floor of Hampton City Hall, 22 Lincoln Street, and the Nature Center at Sandy Bottom Nature Park.

For more information call 727-8311 or go to www.hampton.gov/parks/bark-park

HOT WEATHER TIPS

Made in the Shade – Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be careful not to over-exercise them and keep them indoors when it's extremely hot.

No Parking – Never leave your animals alone in a parked vehicle. On a hot day a parked car becomes a furnace in no time, even with the window open. This could lead to fatal heat stroke.

Know the Warning Signs – Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor or even collapse. They can also have seizures, bloody diarrhea and vomit along with an elevated body temperature of over 104 degrees. Animals with flat faces like pugs and English Bull Dogs are more susceptible to heat stroke since they cannot pant as effectively. These pets along with the elderly, the overweight and those with heart or lung diseases should be kept cool in air-conditioned rooms as much as possible.

Make a Safe Splash – Do not leave pets unsupervised around a pool-not all dogs are good swimmers. Introduce your pets to water gradually and make sure they wear flotation devices when on boats. Rinse your dog off after swimming to remove chlorine or salt from his fur, and try to keep your dog from drinking pool water, which contains chlorine and other chemicals that could cause stomach upset.

Street Smarts – When the temperature is very high, don't let your dog linger on hot asphalt. Being so close to the ground, your pooch's body can heat up quickly, and sensitive paw pads can burn. Keep walks during these times to a minimum.

Summer Style – Feel free to trim longer hair on your dog, but never shave your dog: The layers of dogs' coats protect them from overheating and sunburn. Brushing cats more often than usual can prevent problems caused by excessive heat. And be sure that any sunscreen or insect repellent product you use on your pets is labeled specifically for use on animals.

Party Animals – Taking Fido to a backyard barbecue or party? Remember that the food and drink offered to guests may be poisonous to pets. Keep alcoholic beverages away from pets, as they can cause intoxication, depression and comas.



2015 GROOVIN' By the Bay

SUNDAYS • 6-9PM
BUCKROE BEACH

6/21 • **SlapNation**
6/28 • **TFC**
7/5 • **The Rhondels**
7/12 • **The Janitors**
7/19 • **Strictly Bizzness**
7/26 • **The Showmen**
8/2 • **The Michael Clark Band**
8/9 • **Rare Mixx**

FREE & OPEN TO THE PUBLIC

Call 727-8311 for weather cancellations updates.
Directions to Buckroe Beach: I-64 to Exit 268 continue on Mallory St. for 3-4 miles.

celebrating OUR ROOTS

70 YEARS IN HAMPTON ROADS
• and still growing •

KEEP YOUR ROOTS LOCAL!

plants • landscaping • outdoor accessories
1139 W. PEMBROKE AVE., HAMPTON
mcdonaldgardencenter.com

EVENTS/ACTIVITIES

Fishing discounted for Youth
ages 10 and under,
Wednesdays and Sundays, all season.

LOCATION

330 S. Resort Blvd. • Hampton, VA 23664

DIRECTIONS

- From I-64E, take exit 268 toward Ft. Monroe
- Turn left onto S. Mallory St. continue onto N. Mallory St. until you reach Pembroke Ave.
- Turn right onto Pembroke Ave.
- Then turn Right onto 1st St.
- Left on Pt. Comfort
- Right on Resort Blvd.

PARKING

There is a parking lot located right next to the pier with two van accessible parking spaces and three additional handicap accessible spaces.

BUCKROE FISHING PIER HOURS

The pier remains open 24 hours a day, 7 days a week. April 1 – December 31. Admission Arm Bands good from 6am-6am.

The only time the pier will close is during extreme weather, i.e. Nor'easters, hurricanes, special events, etc.

CONTACT US

(757) 727-1486 • gofish@hampton.gov

Check out the Hampton Parks and Recreation's web page for more information, or call the Buckroe Fishing Pier at 727-1486.

www.hampton.gov/Facilities/Facility/Details/Buckroe-Fishing-Pier-47

GIFT CERTIFICATES AVAILABLE

They make great gifts!
Available for Monthly or Yearly use.



BUCKROE FISHING PIER



The Buckroe Fishing Pier is entering into its 7th season, and with last season's great fishing, we are optimistic that this season will be the best ever. "Last year was good but this is the best year yet", "We're slayin' them out here", "That's the most Cobia caught out here since the pier was rebuilt". Those are a few of the quotes the staff was hearing on the pier last season. Come on out this year and you will see Croaker, Flounder, Puppy Drum, Trout, Cobia, Puffer Fish, Spot, Spadefish, and even Blue Crabs all hitting the lines. You may even catch the occasional BIG Red Drum lurking in the water. We look forward to a great early season this year, with the fishing only improving as we head into the later summer/early fall season. You won't go home with an empty cooler, almost guaranteed.

If you don't know how to fish ask any of the locals, they will tell you how. And then they will tell you about the "HUGE" fish

they have caught and the ones that got away. Ask the staff when you come to the pier what's being caught. We have current information along with the current records this season posted on the boards.

Don't have gear? No fears, we have everything you could ever want or need to get the job done. We rent rods, reels, and tackle, and sell bloodworms, frozen bait, and tackle. The only thing we can't do for you is to catch the fish. You can see by the pictures in the "Wall of Fame" at the pier that the big ones are out there and word has it, they prefer Buckroe Pier fishermen to all others.

No need to leave the pier to grab a bite while you're fishing. We have everything you want right at the Buckroe Fishing Pier snack bar. We serve pizza, hot dogs, barbeque (best barbeque around), drinks, snacks, and more to hold you over until you get home and slap those fish on the grill that you caught. Don't forget to grab a sweatshirt,



PIER ADMISSION FEES
(6am-6am)

Adult	\$8
Adult with a valid saltwater fishing license	\$6
Senior (62+); Children (10 & under)	\$6
Non-Fishing Visitor with Fisherman	\$4
Sightseeing Adult	\$1
Sightseeing Child	50¢
Monthly Pass	\$60
Seasonal (April-Dec • When Applicable)	\$250



hat, visor, or tee-shirt among other items at the snack bar. People are going to want to know where you caught all of those whoppers you have in your cooler.

Check us out all season. We are open until the fish quit biting, April 1st through December 31st, the end of Striper season. We provide discounts to senior citizens, children under 10 years old, and Virginia Saltwater Fishing License holders. We also offer an even greater discount to kids 10 and under on Wednesdays and Sundays all season to give them the opportunity to get "hooked" on fishing. Visit our Facebook page at [Buckroefishingpier@facebook.com](https://www.facebook.com/Buckroefishingpier) for more information and up-to-date fishing reports and more.



COME AND VISIT US AT THE HAMPTONS GOLF COURSE

The season is in full swing and we have a lot to show you. The course is beautiful and in great shape. Come out and see what all the buzz is about. Find out for yourself why The Hamptons Golf Course is the best golf value in the region.

If you are thinking of putting together a golf outing, please give us a call. Our rates are unbeatable and we are committed to the success of your event and your satisfaction.

For more information,
give us a call at **766-9148**
or visit our web site
www.hampton.gov/thehamptons.

THE HAMPTONS GOLF COURSE

320 Butler Farm Road
Hampton, VA 23666

Boys and Girls come and join our Jr. Golf Club!

REGISTRATION: April 1-May 30

Jr. League will meet
every Thursday
beginning May 1
at the
Hamptons Golf Course.
For more information
call 472-8001.

The Hamptons Golf Course

320 Butler Farm Road ■ Phone: 766-9148
www.hampton.gov/thehamptons

This course was designed by noted architect Dr. Michael Hurdzan. The Hamptons offers three distinctive nines, each with its own unique qualities. "The Woods" takes you out through tree-lined fairways punctuated by well-bunkered greens. "The Lakes" is perhaps the most scenic of the three nines, and the most challenging. Those beautiful lakes come into play on five of the nine holes. "The Links" nine has Scottish-style mounding pot bunkers and windswept ornamental grasses, dappled with a colorful array of wildflowers. Add to this a large putting green and practice range and the package is complete. Open year-round, sunrise to dusk.

The Woodlands Golf Course

9 Woodland Road ■ Phone: 727-1195
www.hampton.gov/thewoodlands

Enjoy this sporty 5,900-yard regulation par-69 golf course with bent green grass, Bermuda fairways and roughs, and 52 sand bunkers. The Woodlands has a newly renovated clubhouse with a pro shop catering to both men and women golfers. There is a new full-service restaurant and outdoor patio, featuring a new luncheon menu. A meeting room is available for rent to the public and may be reserved. Fees vary. Open year-round, sunrise to dusk.

Gift certificates are
available for golf or merchandise.



Little England Cultural Center's 3rd Annual Summer Enrichment Program

Camp begins June 16 • 9am-2pm

The Summer Enrichment Program is Back – Due to popular demand and a successful 2014, we will be having our third annual Summer Enrichment Program where fun and education go hand-in-hand.

Children will enjoy fun and games with indoor and outdoor activities; we'll have fun and exciting things for the kids during the summer while keeping up with their math and reading skills. Weekly trips to and enrollment in the Hampton Main Library's Summer Reading Program; Kids have access to laptops on-site to enhance reading, math and study skills.

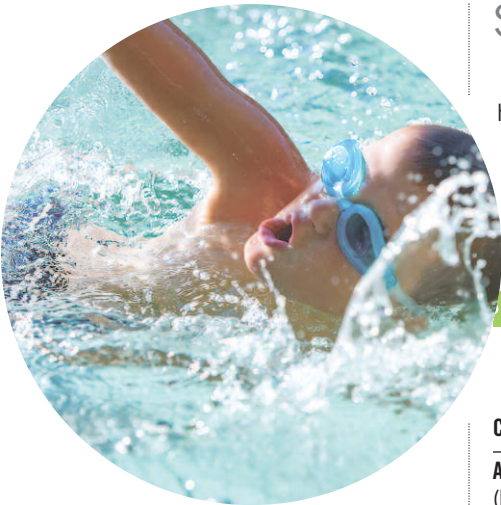
There is no cost to the community; donations are accepted. Space is limited. Registration begins April 1.

Little England Cultural Center is located at 3922 Kecoughtan Rd. • 727-0821

★ ★ ★ ★ ★ Star Theatre Rentals

The beautiful Star Theatre located in the new Hampton Performing and Creative Arts Center is available to rent. The Star Theatre seats 150 and has state of the lighting and sound equipment. We will sit with you to discuss your needs and work with you to produce your production. The beautiful Star Theatre is the perfect venue for small productions and is reasonably priced.

Please call 757-766-1510 to schedule an appointment to visit the theatre. Theatre rates are depended on many different variables and a rate will be determined after meeting with you to discuss your theatre needs.



AQUATICS

**OLD HAMPTON
COMMUNITY CENTER (OHCC)**
201 Lincoln Street
(757) 727-1665

HAMPTON AQUATICS CENTER (HAC)
300 Butler Farm Rd.
(located next to the Hamptons Golf Course)
(757) 728-5485

**FORT MONROE
COMMUNITY CENTER (FMCC)**
100 Stilwell Road • Fort Monroe
(757) 727-6831

YOUTH PROGRAMS LEVEL DESCRIPTIONS

LEVEL I: Water Exploration

Children are given tasks that help them become more comfortable in and around the water. Skills taught are submersion, breath control, floating, and water entry. Front crawl stroke introduced.

LEVEL II: Primary Skills

This level progresses to floating unsupported, rhythmic breathing, the flutter kick, and locomotion of arms for front and back crawl strokes.

LEVEL III: Stroke Readiness

At this level all strokes from previous levels are refined and combined with other skills. Skills taught are turns, bobbing, retrieval of objects from the deep water, and diving. Elementary backstroke introduced.

LEVEL IV: Stroke Development

All strokes are developed with the introduction of diving from a standing position, treading water, and rotary breathing. Breaststroke and sidestroke are introduced.

SPLASHING GOOD WATER FUN!

Let's go swimming! Learn to swim, get fit in the water or just have fun. Hampton's Parks and Recreation aquatics offer a wide variety of programs for all ages and abilities. Programs offered at the indoor pools year round include: aquatic exercise, swim lessons for infants, preschoolers, youth & adults, private lessons, lap/open swim and more. Look for special activities and events.

Its affordable fun and recreation for the whole family. If we don't offer what you want....let us know.

Your water exploration can begin at any one of our indoor pools: Old Hampton Community Center, Ft. Monroe Community Center or Hampton Aquatics Center which also features a whirlpool and two cedar saunas.

● Infant and Toddler Programs

CLASS & LOCATION(S)	SESSIONS	DESCRIPTION	TIME	FEE
Aquababy (HAC) (Parent required) (participant # min 6/max 12)	Saturdays only (all 8-week sessions) <i>Session 1:</i> 3/14-5/2 <i>Session 2:</i> 6/6-8/1	6 mos.-2 yrs. Parents help children with water adjustment, submerging and bubble blowing.	Sat. 9-9:30am	\$40/8-week sessions
Pre-beginners (HAC) (Parents not required) (participant # min 6/max 8)	Saturdays only (all 8-week sessions) <i>Session 1:</i> 3/14-5/2 <i>Session 2:</i> 6/6-8/1	3-5 yrs. Children who are ready for water exploration, primarily safety and beginner crawl stroke.	Sat. 9:30-10am	\$40/8-week sessions

● Youth Programs — All participants must be 6+ years old and 4' tall. See LEVEL descriptions in left column.

CLASS & LOCATION(S)	DAY	SESSIONS	TIME	FEE
Level I & III (participant # min 6/max 8)	Saturdays Only (HAC)	<i>Session 1:</i> 3/14-5/2; <i>Session 2:</i> 6/6-8/1	10:15-11am	\$40 (8 classes/session)
	Mon & Wed (OHCC)	<i>Session 1:</i> 4/6-29; <i>Session 2:</i> 6/1-24 <i>Session 3:</i> 7/6-29	5-5:45pm	\$40 (8 classes/session)
Level II & IV (participant # min 6/max 8)	Saturdays Only (HAC)	<i>Session 1:</i> 3/14-5/2; <i>Session 2:</i> 6/6-8/1	11-11:45am	\$40 (8 classes/session)
	Tues & Thurs (HAC)	<i>Session 1:</i> 3/17-4/9; <i>Session 2:</i> 6/2-25 <i>Session 3:</i> 7/7-30	5-5:45pm	\$40 (8 classes/session)
Level I & II (participant # min 6/max 8)	Mon & Wed (FMCC)	<i>Session 1:</i> 4/6-29; <i>Session 2:</i> 6/1-24 <i>Session 3:</i> 7/6-29	5-5:45pm	\$40 (8 classes/session)
Level III & IV (participant # min 6/max 8)	Tues & Thurs (FMCC)	<i>Session 1:</i> 3/17-4/9; <i>Session 2:</i> 6/2-25 <i>Session 3:</i> 7/7-30	5-5:45pm	\$40 (8 classes/session)

● Adult / Seniors Programs — For more information, call 727-1123

CLASS & LOCATION(S)	SESSIONS	DESCRIPTION	TIMES	FEE
Aquafit (participant # min 6/max 25)	Monthly except May, Dec	Low Impact, cardio	MWF • 8-8:45am @ OHCC Tues & Thurs • 8-8:45am @ HAC	Adult: \$24 • Seniors: \$21 Adult: \$16 • Seniors: \$14
Stretch & Tone (participant # min 6/max 25)	Monthly except May, Dec	Low Impact, cardio	Tues & Thurs • 6-6:45pm @ HAC MWF • 9-9:45am @ OHCC Tues & Thurs • 6-6:45am @ FMCC	Adults: \$16 • Seniors: \$14
Deep Water (participant # min 6/max 25)	Monthly except May, Dec	No Impact, cardio	MWF • 9-9:45am @ OHCC	Adult: \$24 • Seniors: \$21
Aqua Arthritis (participant # min 6/max 25)	Monthly except May, Dec	Low Impact	Mon & Wed • 12:30-1:30pm @ OHCC Tues & Thurs • 9-9:45am @ FMCC	Adult: \$24 • Seniors: \$21
Masters Swim (participant # min 6/max 25)	Monthly except May, Dec	Low Impact	Mon & Wed • 10-10:45am @ OHCC	Adult: \$16 • Seniors: \$14
Aqua Cardio (participant # min 6/max 25)	Monthly except May, Dec	Medium-High Impact	Tues & Thurs • 9-9:45am @ HAC Mon & Wed • 6-6:45pm @ FMCC	Adult: \$16 • Seniors: \$14
Adult Lessons (participant # min 6/max 15)	Session 1: 4/6-29 Session 2: 6/1-24 Session 3: 7/6-29	Beginners-Advanced Session 4: 8/3-26	Mon & Wed • 6-6:45pm @ OHCC	Adult: \$24 • Seniors: \$21

General Swims Information, Swim Times & Fees for Pool Locations

You must obtain a Hampton Parks & Recreation ID card in order to be admitted into any general swim session. Without the HPRD ID card there is an additional \$2 with each visit (limit 2 visits).

Daily Pass Rates: Adults \$1.50; Seniors \$1; Youths/Teens \$1

Monthly Pass: \$10/month (unlimited access during open swim times for each calendar month)

Punch Passes (valid for 20 pool visits): Adults \$25; Youth & Seniors \$15

Open/Lap Swim

M-W-F @ OHCC • 11am-4:45pm, 7-7:45pm

Tu/Th @ HAC • 8-9am, 11am-4:45pm, 7-7:45pm

Sat @ HAC • Noon-3:45pm

Sat @ FMCC • 11am-3:45pm

Mon-Fri @ FMCC • 8-11:45am, 4-4:45pm, 6-7:45pm

NOTE: June 15-August 28

Mon, Tu/Th @ FMCC • 8-9:30am, 2:30-4pm, 6-7:45pm

Wed & Fri @ FMCC • 8-11:45am, 4-4:45pm, 6-7:45pm

Schedule subject to change for seasonal programs.

*Group Usage: Please call ahead to inquire or schedule a group to assure there is space in the desired session. Pool capacity is 100.

SPECIAL EVENTS AND CLASSES: Registration Required

Lifeguard Certification Course

Ages 15+ • Monday-Friday, April 6-10 • 9am-5pm • OHCC • \$125

This course teaches lifeguarding skills for prevention and response to aquatic emergencies. Total hours are 36 including the prerequisite test. All classes must be attended to pass. Successful completion will be based on written test, final water test & class attendance. Prerequisite: must be 15 years of age before the end of the class sessions; complete a continuous 300 yard swim using front crawl and breast stroke; retrieve a 10lb brick with a 20 yard tow; tread for 2 minutes, legs only; 25 yard side stroke; elementary back stroke. Registration deadline is Friday, April 3. Certifications received: American Red Cross CPR/AED and Lifeguarding/First Aid. For more information call 727-1565.

United States Water Fitness National Testing Day

Ages 15+ • Saturday, May 16 • 9:30am-4pm • FMCC

Primary Course \$211 (member); \$247 (non-member)

Master Course \$235 (member); \$277 (non-member)

This course is for those interested in becoming a Water Fitness Instructor and teach aquatic fitness classes. All participants must have CPR certification before testing date. Completion of the course material and an open book test are required by the class date of May 16. Participants must pass a written and water test. The class is sanctioned through the United States Water Fitness Association. Register online at www.uswfa.org or call 561-732-9908. Registration deadline is May 8. For more information call 727-1150.

Super Hero Swim

Ages 5+ • Saturdays, June 13, July 11 & August 15 • Noon • HAC • \$1/person

Come to the pool dressed as your favorite super hero and have some fun. Enjoy basketball and dive for swim rings. Life jackets will be provided, no outside flotation devices are allowed. For more information call 727-1150.

Moms of Preschoolers

Ages 1-5 • Fridays, June 5, July 10 & August 7 • 5-7pm • FMCC • \$1/person

We invite all those MOP's to come and enjoy a family open recreation swim. Take a turn on the water slide and whirl around the pool for a splashing good time. The pool has a zero foot entry so it's great for small children. All children must have a parent in the water with them at all times. Life jackets will be provided, no outside flotation devices are allowed. For more information call 727-1150.

World's Largest Swim Lesson

All Ages • Thursday, June 18 • 10am • Buckroe Beach • FREE

Come and participate in the world's largest swim lesson. Research shows participation in formal swimming lessons can reduce the risk of drowning. The goal of this global event is to bring attention to the masses about aquatic safety and continue to strive for another world record level swim lesson. For more information call 727-1150.

SPLASH! Into Summer Fun

Join the Willow Oaks Pool

- Large main pool with lap lanes
- Diving board
- Separate toddler pool
- Large deck with barbecue area
- Refreshing concessions
- Great neighborhood functions
(Teen Pool Party and Hawaiian Luau)



Join before April 30th to take advantage of our Early Bird Pool Membership Discount! Details and rates for Willow Oaks residents and non-residents can be found at www.willowoaks.org.

The Stingrays, our recreational competitive swim team, is a great way for our young members to make friends, keep fit and discover team spirit. **Plus, it's fun!**



Benefits of Pool Membership

- Two pools to enjoy all summer long
- Register by April 30th and SAVE \$25!
- Pay online at www.willowoaks.org
- Enjoy Willow Oaks sponsored events
- The Willow Oaks Swim Team



WILLOW OAKS

236-1/2 Beauregard Heights • Hampton, VA 23669

www.willowoaks.org



Questions about membership? Contact Melissa at willow.oaks.org@gmail.com.

Read to the Rhythm



**Summer Reading
@ Hampton Public Library**

June 19th - July 31st

*Children (Birth-12), Teens, and Adults
are welcome to join.*

Mad Science

Kim Norman, Author

Rob Westcott, Magician

Bright Star Tours, Theater

Atumpan, Musicians

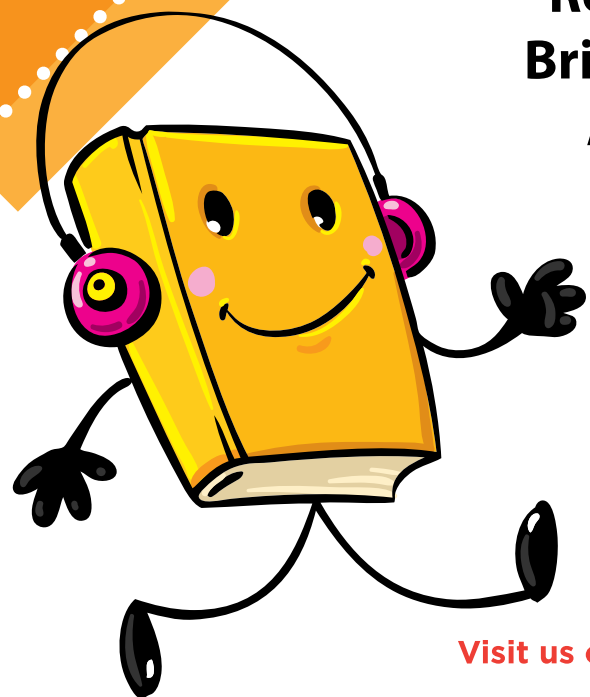
**Plus many more special programs
throughout the summer.**

**Visit any Hampton Public Library location on
Friday, June 19th for kickoff activities:**

- *Main Library 4207 Victoria Blvd., 727-1157*
- *Northampton Branch Library 936 Big Bethel Road, 825-4558*
- *Phoebus Branch Library 1 South Mallory Street, 727-1149*
- *Willow Oaks Branch Library 227 Fox Hill Road, 850-5114*

Visit us online at www.hamptonpubliclibrary.org

**Registration
begins Friday,
June 19th.**



**All programs
and activities
are FREE.**

SANDY BOTTOM NATURE PARK

For more information
call 825-4657.



PROGRAM/EVENT	AGE	DAY/DATE & TIME	FEE
Owl Prowl/Night Hike Join a park ranger for a leisurely night hike along the trails of sandy bottom in search for owls. Hiking boots are recommended as well as flashlights. Please only one flashlight per family. Registration Deadline: One day prior by 3pm. Min/Max: 5/50	All	Friday, April 10 • 8-9pm	\$2/person
Bird Feeders/Houses Come and build a bird Feeder or House for our local birds, then take it home and enjoy the as it attracts birds for you to watch. Registration Deadline: One day prior by 3pm. Attendance Min/Max: 5/15	7+	Saturday, April 11 • 10-11am	\$3/person
Animal Tracks Come learn about animals tracks and create your own field guide. Then participate in a special “track hunt” through the park. Registration Deadline: One day prior by 3pm. Attendance Min/Max: 5/50	All	Sundays, April 12 & May 17 • 1-2:30pm	\$2/person
Campfire Fun and Lakeside Hayride Enjoy an evening of stories and songs around the campfire at our amphitheater and a good old-fashioned hayride. Toasted marshmallows and hot chocolate will top off the evening. Meet at SBNP Nature Center, registration deadline one day prior by 3pm. Attendance Min/Max 15/50	All	Fridays, April 17, May 15 • 7:30-9pm & June 19 • 8-9:30pm	\$5/person
Wilderness Survival Come to Sandy Bottom and learn with a ranger what to do if lost in the woods. You will learn things like how to start a fire, purify water, find food, and build a shelter. Registration Deadline: One day prior by 3pm. Meet at the SBNP Nature Center. Attendance Min/Max: 5/20	8+	Saturdays, April 18 & May 16 • 10-11am	\$2/person
Meet the Animals Join a Park Ranger for a leisurely nature hike. Start out in the Nature Center to learn the history of Sandy Bottom Nature Park and look at our critters, then hike to our wildlife education area to learn and view our native non-releasable wildlife. Registration Deadline: Friday prior by 3pm. Location: Meet at the SBNP Nature Center. Attendance Min/Max: 5/25	All	Sundays, April 19, June 21 & August 16 • 1-2pm	\$2/person
VA Snakes 101 Come join a Park Ranger and learn what Virginia has to offer in the world of Snakes. Then participate in a live snake hunt, where we'll track, locate, and identify some wild snakes. Registration required. Don't forget your hiking boots. Cameras welcome. Registration Deadline: One day prior by 3pm. Sandy Bottom Nature Park (Conference Room). Attendance Min/Max: 15/40	12+	May 2 • 11am-1pm	\$5/person
Kids Fishing Learn the basics of fishing, the different types of bait and how to bait your own hook. Fishing techniques and secrets to catch a big fish will be taught. An adult MUST accompany all children. Bring your favorite fishing pole or use one of ours. Registration Deadline: 1-day prior at 3pm. Meet at SBNP Nature Center. Attendance Min/Max: 5/20	3-15	Saturdays, May 23 & July 25 • 10-11am	\$2/person
Spiders For Kids!! Are you fascinated by spiders? Do they frighten you? You can learn many interesting facts about spiders and why they are to be welcomed, not feared. Learn about their eating habits, as well as their nesting habits, which will include a game to better understand how they operate. Registration Deadline: 1 day prior by 3pm. Meet at the SBNP Nature Center. Attendance Min/Max: 10/40	8+	Saturday, May 30 • Noon-1pm	\$2/person

SANDY BOTTOM NATURE PARK
1255 Big Bethel Road
Hampton, VA 23666
Phone 825-4657 ■ Fax # 757-825-4658
E-mail sbottom@hampton.gov.
www.hampton.gov/sandybottom

This 456-acre environmental education and wildlife management facility offers a Nature Center with animal exhibits, conference and classroom, library, hiking trails, fishing, jon boats, paddle boats, canoes, educational programs, nature videos, wildlife education area, picnic shelters, playground, gardens, amphitheatre, and primitive single and group campsites. Park Rangers on duty year round.

Free admission and parking (rental fees for use of jon boats, paddle boats, and canoes, campsites, reserved picnic shelters, conference and indoor classroom, and some educational programs).

Hours of Operation: Our gates are open every day of the year except Christmas and when snow makes the roads impassable.

Park Hours: Sunrise to Sunset

Nature Center Hours
May-September 9am-6pm, 7 Days a Week
October-April 9am-4:30pm, 7 Days a Week

Easter Eggstravaganza

Saturday, April 4

10am-3pm

Ages 3-12

\$5/child, accompanying adults are free

There will be fun for the entire family at our Eggstravaganza; events include 10 Easter egg hunts for each age group and they will begin every half hour. The first hunt starts at 10am and the last hunt begins at 2:30pm.

The age groups are, 3- 6 and 7-12. There will be 250 tickets for each age group, so come early to get your tickets for the age group you need. There will also be a children’s craft area, prizes, food sales, photos with the Easter bunny and other goodies. Photos with the Easter bunny are \$5 each. Each child will receive a goodie bag.

The children will be “egg-static” about this event. This event is sponsored by The Friends of Sandy Bottom. Registration is the day of event.

Jr. Rangers

July 13-17, July 27-31
& August 3-7
9am-1pm
Ages 7-12 • \$50/week

Come join the staff of Sandy Bottom Nature Park for a week of fun and adventure. Jr. Rangers is a week long day camp for children ages 7 to 12 that teaches many valuable outdoor skills while having tons of fun.

Educational classes on local wildlife, wetlands, and pollution will be taught along with outdoor skills such as what to do if lost in the woods, canoeing, fishing, and much more.

REGISTRATION DEADLINE:
1 week prior by 3pm.
[Attendance Min/Max: 8/25]

Friends of Sandy Bottom (FOSB) is a non-profit organization that supports the park and its staff. Together they provide a Nature Park of the highest quality for the entire region. The group meets on the last Thursday of the month at 6pm in the Nature Center at the park. If you would like to be a part of this organization and help preserve this unique bit of nature in the heart of the peninsula, come to one of the meetings. Together, Courtney Worrall and FOSB created Natures adoption. This is when citizens can “adopt” non-releasable wildlife in the park.



Monthly Group Meetings at SBNP
For information on monthly meetings at Sandy Bottom Nature Park of the Gem & Mineral Society of the Virginia Peninsula, the Sierra Club, the Hampton Roads Bird Club, the Hampton Land Conservancy, or the Friends of Sandy Bottom Nature Park, please call 825-4657.

SANDY BOTTOM NATURE PARK [continued]

PROGRAM/EVENT	AGE	DAY/DATE & TIME	FEE
Sunset Paddle	14+	Fridays, June 5 & July 24 • 7:30-9:30pm	\$20/person
Have you ever seen the City of Hampton at Sunset? What about from the water? Join a Park Ranger for a leisurely sunset paddle along Sunset Creek and the Hampton River. Learn about the history of Hampton and experience some local wildlife along the way. Camera's welcome. This paddle will begin & end at Sunset Marina. Feel free to bring your own kayak or call in advance to reserve one to take down river. Registration Deadline: One day prior by 3pm. Attendance Min/Max: 10/20			
Tree ID	8+	Saturdays, June 6 & August 8 • 9:30-10:30am	\$2/person
Join a ranger in a leisurely hike thru our park and find out how to identify our local trees using simple techniques. Registration Deadline: One day prior by 3pm. Attendance Min/Max: 5/20			
Kayak Quick Start	8+	Saturdays, June 13 & August 22 • 10am-Noon	\$8/person
Join a certified ACA (American Canoe Association) Instructor for a 2 hour beginner's course in kayaking. This course includes kayak terminology, proper paddling techniques, basic strokes-moving a kayak forward, backwards, sideways and turning, along with assisted and solo rescues. Kayaks, paddles, and life jackets will be provided. Please bring water and sunscreen and be prepared to get wet. An adult must accompany a minor. Registration Deadline: One day prior by 3pm. Attendance Min/Max: 5/10			
Turtle Painting	3+	Saturday, June 20 • 11am-Noon	\$2/person
Come and learn about our native turtles, and afterwards we can help the turtles finger paint, each person will receive a picture painted by the turtles. Registration Deadline: One day prior by 3pm. Attendance Min/Max: 5/50			
Native Pollinators	All	Saturdays, June 27 & September 5 • 10-11am	\$2/person
Join a park ranger and uncover the world of Mason bees. Learn why they are so important to us and what makes them extraordinary pollinators. Get an up close and personal look at their habitat and watch their babies (Larva) grow. Registration Deadline: One day prior by 3pm. Attendance Min/Max: 5/30			
Wilderness Survival Extreme	8-14	Friday-Saturday, August 14-15 • 9am-9am (24-hr camp)	\$30/person
Come join the Park Rangers of Sandy Bottom Nature Park for a 24-hour Wilderness Survival Camp. Wilderness Survival Extreme is an overnight camp for children ages 8-14. Children will learn key survival skills such as how to find food, purify water, build a shelter, signal for help and much more, all while having tons of fun. Registration required. Registration Deadline: Friday/Aug 7th by 3pm. Attendance Min/Max: 8/15			
Night Snake Hike	All	Friday, August 21 • 8pm-9:30pm	\$2/person
Ever wonder how active reptiles are at night? Come tag along on our Night time snake hike. Follow a Park Ranger along our trails in search for snakes, and see what else we encounter. Hiking boots are recommended as well as flashlights. Please only one flashlight per family. Registration Deadline: One day prior by 3pm. Attendance Min/Max: 5/50			
National Toasted Marshmallow Day	All	Saturday, August 29 • 5:30-7:30pm	\$3/person, under 5 free
Come out and help us celebrate National Toasted Marshmallow Day. Roast a marshmallow or two and check out our dipping station featuring a variety of dips and toppings such as chocolate sauce, crushed graham cracker, sprinkles, the list goes on. All ingredients will be provided. Registration required. Don't forget your taste buds. Registration Deadline: One day prior by 3pm. Attendance Min/Max: 15/100			



SUMMER CAMPS

HamptonArts.net

THE AMERICAN THEATRE

TRDance: Fairy Tale Dance Camp
July 13-17

Photography for Young Snappers
July 13-17

East Meets West: Art for Kids
July 27-31

Push Comedy Theatre:
Junior Improv
August 3-7

Push Comedy Theatre:
Sketch Comedy Class
August 3-7

Missoula Children's
Theatre Performance
Camp: Sleeping Beauty
August 10-14

Magic Camp:
Beginning Magicians
August 17-21

Magic Camp:
Beyond the Basics
August 17-21

CHARLES H. TAYLOR ARTS CENTER

Painting for Kids
July 6, 8, 9, 10

Drawing for Kids
July 20, 22, 23, 24

Paper Mache Masks
August 3, 5, 6, 7

Multi-Media Fun
August 10, 12, 13, 14



Register for camps on our website

757-722-2787 • 757-727-1490 (CHTAC) • www.HamptonArts.net

BLUEBIRD GAP FARM

60 Pine Chapel Road
Hampton, VA 23666
Phone 825-4750 ■ Fax# 825-4739
E-mail bluebird@hampton.gov
www.hampton.gov/bbgf

Bluebird Gap Farm offers an exciting, family-oriented adventure and educational experience rarely seen in an urban environment. This farm has more than 150 domestic and wild animals, including cattle, deer, pigs, emus, alpaca, sulcata tortoises, waterfowl, doves, pigeons, quail, barnyard fowl, ponies, sheep, goats, llamas, and even peacocks strutting along the walkways.

There are picnic tables under a large, new shelter and more picnic tables in various locations. Enjoy our Antique Barn display with vending machines, Hampton Master Gardeners Display Garden and Arboretum, and a large playground with plenty of space for kids to roam. Handicapped-accessible restrooms are on-site. The Azalea Trail is a beautiful natural experience in the springtime. Park rangers are on duty year-round.

Free admission and parking!

Hours of Operation:

Open Daily • 9am-5pm
Closed Tuesdays, Thanksgiving,
Christmas, and New Year's Day.

BLUEBIRD GAP FARM

Bluebird Gap Farm offers a number of free farm programs for the general public every month. These programs are posted in our monthly Farm Program Guide that is available free in our Antique Barn, or you can view these programs at our website at

www.hampton.gov/bbgf. All of our programs are available on a first come, first served basis. Please call 825-4750 for more information or in case of inclement weather.

**PROGRAM/EVENT****DAY/DATE & TIME****Bluebird Hayride Saturdays and Sundays**

April-October • Noon-2pm

Join us for a leisurely ride around the farm! Go through our pasture, past the Azalea Trail, duck pond, Newmarket creek, through the woods and back. This hayride is weather and attendance dependent. It will be operating on most Saturdays and Sundays when we have no other scheduled programs. FREE of charge!

Pony Pedicures

Saturdays, April 25, June 6, July 18 & August 29 • 10:30-11:30am

Come see a farrier practicing the art of hoof trimming! This is a rare experience in an urban setting. See some of the tools of the trade and interact with an actual farrier! This program is FREE of charge! Meet at the Livestock Barn

Llama and Alpaca Shearing

May 13-16 • 10:30-Noon

Ever seen alpacas or llamas get shorn? Ever felt alpaca or llama fiber? Well this is your chance! Join us in the livestock barn to see a demonstration of how we shear our camelids. FREE of charge!

Sheep Shearing

May 21-23 & 28-29 • 10:30-Noon

Did you know that some sheep shed their hair and other need to be shorn? We have both types at Bluebird Gap Farm! Come watch us shear the wool producing sheep. This event will be Thurs-Sat 3rd and 4th weeks in May and is FREE of charge!



BLUEBIRD GAP FARM MISSION:

To develop, maintain, and constantly improve the quality of our facility for the recreational well-being and educational benefit of our visitors.

Friends of the Farm

VOLUNTEER SUPPORT GROUP FOR BLUEBIRD GAP FARM

If you love Bluebird Gap Farm, the outdoors, animals, gardening, landscaping, and want to assist with Bluebird Gap Farm's special events, then you'll want to come on down to Bluebird Gap Farm and join "Friends of the Farm." The "Friends of the Farm" meet the last Thursday of each month (except Nov. and Dec.) at 7pm at the Sandy Bottom Nature Park Nature Center Conference Room.

New members are always welcome!
Also, like us on Facebook!



**Call 825-4750 for more information
and to let us know you want to help out.**



FarmDoption Program

Our FarmDoption Program, which is sponsored by the Friends of the Farm, gives you the opportunity to help us take care of the animals and the facility. By sponsoring an animal you will receive a certificate of adoption, a picture of the animal, information on their species as well as a brief history on their life here at the farm.

If you are interested in sponsoring one of our animals, please fill out the registration form in our brochure and mail it to us or just drop it by the farm to one of our staff members. Sponsorship amounts are as low as \$10. \$25 & over gets your name on our plaque for one year; \$250 & over gets lifetime sponsorship. All money collected goes into the care and maintenance of the animals and facilities here at Bluebird Gap Farm.

PLEASE NOTE: All animals remain in the care and custody of Bluebird Gap Farm and sponsoring an animal confers no ownership rights.

For more information, please visit our website at www.hampton.gov/bbgf or pick up a brochure at the farm.

Hampton Master Gardeners Plant Sale

Saturday, May 2 • 9am-3pm
Bluebird Gap Farm

Offering scores of native and ornamental trees, shrubs, and plants the Spring plant sale has become the go-to resource for sprucing up your yard. Well organized and at prices that can't be beat the plant sale is a must! Featuring numerous vendors as well this is a one stop shop for plants and information. For more info call the Hampton Master Gardeners at 757-696-4069.



ENVIRONMENTAL EXPO

Journey to the Bay

Saturday, May 2

10am-3pm

Bluebird Gap Farm

For more info call: 757-727-1401

The Environmental Expo will feature a wealth of environmental information with the theme "Journey to the Bay" it will educate the environmentally savvy and the enthusiast alike!

Numerous vendors and organizations will be represented at the event with a wealth of tips and tricks to keep the environment clean and pristine!



Need Help Raising Money?

Call 826-1277

- Church Groups
- Schools
- Sports Teams
- Non Profit Groups



Chick-fil-A of Coliseum Drive - Your Original Favorite **Spot!**

Explore The Mariners' Museum

Maritime Adventure Camps

at The Mariners' Museum and Park



**GREAT FOR RISING
K - 5TH GRADE**

Join The Mariners' Museum for a week-long camp as we explore the rich history and science of the maritime world!

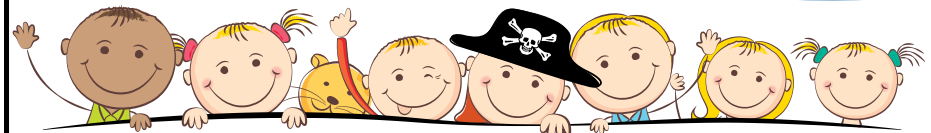
**REGISTRATION
NOW OPEN!**

Select weeks June - August 2015
Visit website for more information

EXTREME DEEP

MISSION TO THE ABYSS

New Interactive Exhibition
OPENS MAY 16



Maritime Mondays

June - August: Every Monday 10 - 11:30 a.m.

FUN for Children! Join us at The Mariners' Museum for a Monday morning of engaging learning activities for children ages 18 months to rising 5th grade.

MarinersMuseum.org/MaritimeMondays



MarinersMuseum.org





HAMPTON HISTORY MUSEUM

MAKE HISTORY WITH US

120 Old Hampton Lane • Hampton, VA 23669 • 727-1610
www.HamptonHistoryMuseum.org • Follow us on Facebook and Twitter

HOURS: Monday-Saturday, 10am-5pm & Sunday, 1-5pm

Adults: \$5 • Seniors, Active Military, Active NASA, Children ages 4-12, \$4 • Under 4, Free
Groups (10 or more), \$3 each. Group tours can be arranged.

CALENDAR OF EVENTS

The Truth about Women: Myth and Reality Continues through August 9, 2015

Experience "The Truth About Women: Myth and Reality," a major exhibition exploring the changing, and sometimes surprising, roles of women in the city's past reflecting shifts in American society as a whole.

"The Truth about Women" explores the way that women navigated social challenges to pursue their own interests, provide a living for themselves and their children, or to influence social change, and the individual and collective power they have exerted from the 16th century to the present.



IMAGE: Courtesy of NASA.

Kitty Joyner, an electrical engineer at the National Advisory Committee on Aeronautics (NACA), the predecessor to NASA, depicted at work near a wind tunnel on the Langley campus in 1952. The reality has been that women like Joyner have pursued, and have often achieved, important jobs in the public sphere.

MARCH

28 Hunt for History • 10am-4:30pm
Free and open to the public Make History With Us! Bring us your Hampton photos for us to scan, and show us items that you feel would be good for us to have in our collection to say something about the city and its people. Check out our Human Library—throughout the day, community leaders, musicians, journalists, educators, and everyday citizens with a story to tell will present their recollections of life in Hampton. Share your story to be recorded for our Oral History Project. Discover how you can take part in authorship of the city's history. We're telling your story!



APRIL

6 Port Hampton Lecture • 7-8pm
"Lincoln's Dreams of Death" (presented upon the 150th anniversary of President Lincoln's assassination, in 1865). Presented by Dr. Jonathan W. White, Professor of American Studies, Christopher Newport University.

11 2nd Saturday Family Event
11am-2pm • American Girl Dolls: Women of Hampton – Come learn more about select American Girls that relate to

women of Hampton in our current special exhibit, *The Truth About Women: Myth and Reality*. We will have activities themed around different historical and historical fiction characters. Come check out the upstairs gallery and bring your own American Girl doll and outfits to display or just share in the festivities.

15 Lunch in Time • Noon
"Port Hampton: Guiding Shipping into Hampton Roads." Captain John Phillips reminisces about the difficult and sometimes dangerous task of piloting large ships safely into Hampton Roads harbor.

15 Front Porch Music Series • 6-8pm
Blue Ribbon – Eclectic pop/rock known for clever lyrics and wordplay



18 Hampton Heritage Day
11am-5pm • Carousel Park by the Virginia Air & Space Museum
Join in commemorating the melding of the Native American, European and African cultures that have come together to shape our community. Enjoy presentations and performances that will take place on a stage throughout the day as well as other activities in and around Carousel Park in Downtown Hampton, such as hands-on family activities, cultural displays and demonstrations, traditional dance and music, food, heritage arts & crafts, and more to honor those who came before us.

MAY

4 Port Hampton Lecture • 7-8pm
"First Bull Run: The Most Important Battle of the Civil War." Presented by Dr. Edward G. Longacre, retired Air Force historian and an authority on the Civil War, especially Union cavalry.

9 2nd Saturday Family Event
11am-2pm • Time Trip to the 1960s – Spend an afternoon learning all things 1960s; the clothing, the importance of JFK, the war in Vietnam, MLK's role in Civil and Voting Rights, 23rd-26th Amendments, and Beatles Mania! Bring an item of clothing to tie-dye and enjoy many other activities related to life in the sixties.

20 Lunch in Time • Noon
"Military Treasures from the Collection of Colonial Williamsburg" Presented by Erik Goldstein, Curator of Mechanical Arts and Numismatics, The Colonial Williamsburg Foundation.

20 Front Porch Music Series • 6-8pm
URBAN HILL is a Tidewater, Virginia Blues Band which plays an entertaining & danceable mix of roots rock, R&B, boogie, blues, original music and country. Formed as the culmination of efforts by contemporary blues guitarist and vocalist Paul Urban and the "real deal" blues guitarist and vocalist Lathan "Pudgee" Hill.

28 Our Story, Our Time Oral History Project – Protecting Hampton's History: One Step Ahead of the Bulldozer
Elizabeth "Libba" Evans, daughter of Sis Evans and Rufus Easter discuss efforts to save Hampton's history during the urban renewal era. 6pm • Collecting – bring your photos and items to be scanned into the museum collection. 7pm • Oral History – share your memories. Members free, non-members \$5.

29 Steampunk: Visions of Futures Past Opening Celebration • 6-8pm
Celebrate in a fantastical style the sights and sounds of an alternative steampunk-powered past with music, side-show demonstrations, belly dancing and other exotic amusements. Beer and wine is available for purchase from LaBodega Hampton \$5.

30-31 Steampunk: Visions of Futures Past
5/30 • 11am-5pm;
5/31 • 1-5pm
Experience the fantastical craftsmanship, conveyances and contraptions from an alternative Victorian era and Wild West frontier in "Steampunk: Visions of Futures Past" during Blackbeard Festival Weekend. Hampton History Museum.



JUNE

1 Port Hampton Lecture • 7-8pm
"The Return of 390, the Last Hampton Streetcar." Presented by local historian Greg Siegel. Streetcar 390 has been resting in a Baltimore museum, but will be returned to Hampton for restoration.

13 2nd Saturday Family Event 11am-2pm • My Little Pony in Hampton: Horses and Friendship

Join us as we discover both how horses impacted Hampton and how ponies continue to teach us today through the popular television show My Little Pony; Friendship is Magic. Explore the Elements of Harmony through the lens of Hampton's historical events. Participate in activities that highlight Hampton's honesty, kindness, laughter, generosity, and loyalty. It'll be off the hoof. We hope everypony can make it.

13 Remembrance Day • 10:30am-4pm Buckroe Beach • Free

Organized by The Sankofa Projects, the Remembrance Day ceremony is dedicated to the millions of Africans who perished during the horrific Middle passage of the Transatlantic Enslavement Trade. According to the UN, the Transatlantic Enslavement Trade or the Middle Passage has been documented as "the largest forced migration in history, and incontrovertibly one of the most inhumane." Remembrance is about honoring these ancestors, and is a celebration of culture and about healing. Held in partnership with the Hampton History Museum and the City of Hampton Parks & Recreation Department.

17 Lunch in Time • Noon "Under a Simple Oak: The Rise of Hampton University" – Lecture and Book Signing by Historian Veronica A. Davis.

17 Front Porch Music Series • 6-8pm The Delvers perform an eclectic blend of swing, blues, roots country, rock, jazz and Americana. The members have been making music together for more than 25 years. They feature a song list ranging from Gershwin to the Grateful Dead.

25 Our Story, Our Time Oral History Project – "Growing up...Gay in Hampton" – Members of the lesbian, bi, gay and transsexual community speak about what it was like to grow up "different" in the culturally-conservative town of Hampton. 6pm • Collecting – bring your photos and items to be scanned into the museum collection. 7pm • Oral History – share your memories. Members free, non-members \$5.

JULY

6 Port Hampton Lecture • "Ann H. Kilgore: Virginia's First Female Mayor." Panel discussion.

11 2nd Saturday Family Event 11am-2pm • The Art of Fun; Games Throughout History – From Kecoughtan children to the millennials', we will be teaching the importance of learning through and playing for fun! The museum will host all things fun with games from

Virginia Indians, early African immigrants, Colonial English, Civil War soldiers' sons, 20th century daughters and what you do for fun! Celebrating Nintendo's Mario's 30th anniversary, bring your gaming geek t-shirts, 3ds to street pass, Pokémon to trade, or even your family's favorite board game to share. Learn many facts including how in 1889 the Japanese company Nintendo got its start making playing cards as well as many other gaming related facts.

15 Lunch in Time • Noon "Varina Banks Howell Davis, First Lady of the Confederacy" Presented by Robin Reed, Casemate Museum Director, Fort Monroe Authority.

23 Our Story, Our Time Oral History Project – Coming of age in Hampton in the early 20th Century Native Hamptonians Jimmy Reid Chisman and Cynthia Patrick Otte reminisce about growing up in Hampton when it was still a small town and everyone knew each other. 6pm • Collecting – bring your photos and items to be scanned into the museum collection. 7pm • Oral History – share your memories. Members free, non-members \$5.

AUGUST

3 Port Hampton Lecture • 7-8pm "NASA Langley Research Center's Female Engineers, Physicists, and Mathe- maticians." A panel discussion of projects currently under way.

8 2nd Saturday Family Event • 11am-2pm Jurassic Park; Digging in Hampton What dinosaurs once roamed the area where we now go to school, work, and play? What else can we learn from digging below the surface of Hampton? Stop by the Museum to learn about historical creatures, people groups before us, recent past digs in Hampton and what archeologist will be looking for in the future. Activities will allow students to learn about the profession and history of Archeology, view artifacts from our collection, and more on site.

19 Lunch in Time • Noon "Care and Use of the Archeological Collections at the Virginia Department of Historical Resources" Presented by Dee Deroch, Chief Curator Archeological Collections, DHR.

27 Our Story, Our Time Oral History Project – Growing up in the shadow of the church: The Life of a Pastor's Child – Clergy children share a unique perspective on the world around them with stories of being "PKs", or pastor's kids. 6pm • Collecting – bring your photos and items to be scanned into the museum collection. 7pm • Oral History – share your memories. Members free, non-members \$5.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE BEST SUMMER EVER!

Friendship, Accomplishment, Belonging

Choices, choices, choices!

Here's what's happening at Hampton YMCA Camps this summer:

Along with typical camp activities like field trips, sports, games, skits, songs, and swimming, our weekly sessions of camp throughout the summer now include:

STEM and reading activities to bridge the gap
on summer learning loss

5210, which is fun learning and participation
activities for healthy living

Teen Camp, Leaders in Training, and Counselor in Training
for teens ages 12 – 17

Lots of specialty camps to choose from!

or choose CAMP FORT MONROE for an outdoor
adventure perfect for rising 4th – 9th graders!



HAMPTON FAMILY YMCA
1 YMCA Way, Hampton VA 23669

757 722 9044
peninsulaymca.org

THERAPEUTIC RECREATION

Therapeutic Recreation Programs for Individuals with Disabilities utilize education and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in a way that enhances their health, independence, and well-being. Participants must be able to follow one-step directions, participate in group activities, manage own behavior with minimal to moderate staff intervention.

Registration Information:

Registration is on-going and is required for all programs. Please call 727-1125 for registration details for specific programs and events. After-school and summer camp registrations require a full assessment appointment with TR staff.

Therapeutic Recreation In-Service Program
Monday-Friday during school year • FREE
Hampton City Schools
Ages 5.5-21 or currently enrolled in school
This program is designed for students with special needs. Students enjoy a recreational activity in a classroom setting. TR staff will attend various schools in which we provide recreations services such as arts & crafts, games, etc. Supplies will be provided. For more information call 727-1125.

VOLUNTEER OPPORTUNITIES:

**Friends Helping Friends
Recreation Youth Leadership Program**
Ages 13-17

Do you enjoy volunteering? This experience will provide an opportunity for you to develop greater self-confidence, ability to work in group settings, and an appreciation of youth who have various disabilities.

As a *Therapeutic Recreation Friend*, you will learn to use leisure activities such as sports, games, arts and crafts, music, dance, drama, and trips to improve or maintain the physical, mental, and emotional well-being of the campers.

Interested applicants MUST complete and return an application package, including letters of recommendation in order to be considered, by June 5, 2015. For more information call 727-1125.

THERAPEUTICS

For Individuals with Special Needs • 727-1125

THERAPEUTIC RECREATION ASSESSMENTS

On-Going • Tuesday-Thursday • Old Hampton Community Center • Ages 5-22 • \$35

Therapeutic Recreation Programs for individuals with disabilities utilize education and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in a way that enhances their health, independence, and well-being. Participants must be able to follow one-

step directions, participate in group activities, and manage own behavior with minimal staff intervention. Parents, if you anticipate signing up your child for therapeutic recreation programs, you must have an assessment completed. The parent must provide the following participant's items: recent copy of IEP,

current physical, list of current medications, and assessment fee of \$35 in the form of check or money order. If the participant will be receiving financial support, we need documentation along with case manager contact information. For more information call 727-1125.

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
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SPECIAL EVENTS / CAMPS

Spring Break Camp	5.5-21	April 6-10 • 7am-6pm	OHCC	\$80/week
Participants will enjoy socializing with peers and experiencing recreational activities during the spring break. This program is designed for individuals with special needs. An assessment will be required before registration. For more information call 727-1125.				
Out and About Meeting	16+	April 17 • 6-8pm	OHCC	FREE
This program is designed for individuals with special needs. Participants will meet at various locations. Participants will enjoy socializing with peers and participating in leisure activities in the community. Participants are responsible for admission fees, and they must provide their own transportation. There is a meeting on Friday, April 17 to give the participants an opportunity to select community outings. The participant must register by Friday, April 10. For more information call 727-1125.				
Prom in Paris	16-22	Saturday, May 16	TBD	TBD
For teens and young adults with special needs, this formal dance is another opportunity to connect and join in on the prom tradition. A DJ, light refreshments, and door prizes are only part of the magical night put on for our participants. The third annual HPR Prom for special needs is sure to be a hit, so register early at 727-1125! (Deadline to register is May 9).				
Parents Night Out	5.5-22	Thursday, June 4 • 6-8pm	OHCC	\$10
This program is designed for individual with special needs that are currently enrolled in school. Participants will have an evening of fun-filled activities, while the parents can have a night out of town. You must register by Friday, May 29, 2015. For more information call 727-1125.				
Let the Games Begin	18+	Thursday, June 18 • 6-8pm	OHCC	FREE
This program is designed for individuals with special needs. Come and enjoy a free game night with your peers. You must register by Friday, June 12. For more information call 727-1125.				
Exceptional Expressions Arts & Craft Class	5-13	Saturday, July 11 • 10am-Noon	OHCC	\$8 include supply fees
Participants with special needs will be able to create artwork in a therapeutic setting and enjoy the company of their peers. Participants must be able to follow directions with minimum to moderate assistance. Caretakers may attend to assist those requiring 1:1 assistance. You must register your child by Friday, April 17. For more information call 727-1125.				
Chefs in the Making	14-22	Saturday, August 8 • 11am-1pm	OHCC	\$7
This program is designed for individuals with special needs. Participants will learn about kitchen safety. They will also learn about measuring, mixing, and basic food science. At the end of the class, they will be able to create a delicious meal. For more information call 727-1125.				

FITNESS

Tae Kwon Do (Therapeutic Program)
for ages 6 & up *see page 24 sidebar*
under YOUTH FITNESS



Therapeutic Recreation Service's goal is to provide opportunities for children and adults with disabilities to participate in recreation and leisure programs in the Hampton Community

Therapeutic Recreation Summer Camp 2015

Monday-Friday, June 22-August 21 • 7am-6pm

Ages 5.5-22 or currently enrolled in school

OHCC • \$80/week

Spend nine weeks of your summer vacation with your peers. Sign up for adventure and fun! Take trips, make some new friends, and learn some new things with our summer camp. This program is designed for individuals with special needs, and requires advance registration and assessment. Registration starts in March, and space is limited, so sign your child up today! For more information call 727-1125.

Camp Champion • Ages 5.5-12

The youth camp will encourage social engagement, leisure participation, and activities for your youth in an inclusive environment. For more information call 727-1125.

Summer Superstar • Ages 13-17

The teen camp will provide opportunities for socialization, leisure participation, and activities for your teen. Teens will be encouraged to increase community knowledge and independence in a safe, inclusive environment. For more information call 727-1125.

Transitions Camp • Ages 18-22

The camp for young adults will provide opportunities to socially engage with peers and participate in a variety of leisure activities. Participants will be encouraged to strengthen their independence, learn new skills, and increase knowledge of community in a safe, inclusive environment. For more information call 727-1125.

Therapeutic Recreation After-School Program

Monday-Friday • 2:30-6pm
(during school year)

Locations: OHCC, Phoebus High
& Hampton High School

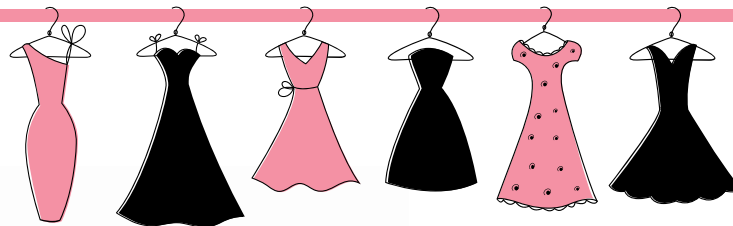
Ages: 5.5 to 21,
currently enrolled in school
Fee: \$55/week, \$200/month

This program is designed for students with special needs. Students enjoy an after-school recreation program, where the focus is on socialization, leisure skills, and participation in fun, safe recreational environments. Elementary and Middle School students are located at OHCC, and High School students are located at Hampton or Phoebus High School. This program follows the Hampton City Schools Traditional calendar. An assessment must be completed prior to enrollment, for more information call 727-1125.

COMMUNITY CENTERS ABBREVIATIONS KEY:

Air Power Park APP
Fort Monroe Community Center. FMCC
Hampton Performing and
Creative Arts Center PAC
Hampton Senior Center HSC
Northampton Community Center. NHCC
North Phoebus Community Center NPCC
Old Hampton Community Center. OHCC
West Hampton Community Center WHCC

**You can register for classes
at any community center
— or — call 727-8311!**



April 4, 2015 • 11am-3pm
Hampton History Museum
Free and Open to the Public
Light Refreshments

*Sparkly, sophisticated,
long, short, sassy, classy, youthful, colorful,
fun, unique, beautiful, practical...*

we have all types of prom dresses! Come add to your collection with dresses from \$20-\$50! Proceeds benefit Gowns for Hounds, a charitable organization that sells gently used, donated gowns and party dresses to raise monies to fund veterinary care for financially challenged companion pet owners.

www.hampton.gov/parks 757-727-8311





Programs
for
ALL AGES &
FAMILIES are
listed in the
ADULT section.

COMMUNITY CENTERS
ABBREVIATIONS KEY:

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- West Hampton Community Center . . WHCC

You can register for classes
at any community center
— or — call 727-8311!



The **Indoor Rock Climbing Wall** at WHCC is available for Birthday Parties, rentals, School Functions and individual climbing. For more information call 896-4687.

YOUTH [Includes former Preschool & Teen sections.]

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
SPECIAL PROGRAMS / LEISURE / SOCIAL				
Morning Lyons Club	10-14	Monday-Friday, 3/30-6/15 • 7-8:30am	WHCC	\$10/week w/HPR ID
Looking to start your day early? Enjoy a safe, fun environment for Lindsay Middle School students. For more information call 896-4687.				
Recreation Matters	6-10	Monday-Friday, 3/30-6/12 • After School-6pm	NHCC	\$20/week
Come join us for a structured yet fun after school program. This program offers tutoring, enrichments, a fun and safe environment for completing homework, playing sports, recreational games and learning new skills. For more information call 825-4805.				
Afternoon Zone	6-18	Monday-Friday, 4/1-6/13 • 2:30-6pm	FMCC	FREE w/HPR ID
Students can relax from their hard school day by playing board games, basketball, video games and much more. Participants can also take advantage of open swim time as well as utilization of our ceramic studio hours. Some additional cost maybe needed for swim time and supplies for the ceramics. For more information call 727-6835.				
Beyond the Bell (BTB) After School Program	6-12	Monday-Friday, 4/1-6/13 • 2:30-6pm	FMCC	\$20/week per child
Parents no need to look any further! This will be your last STOP! Enroll your student in our after school program; they will receive assistance with homework, play group games, and meet friends to bond with after school in our safe, structured environment. For more information call 727-6835.				
Twinkle, Twinkle, Twinkle, Little Starz	3-5	Wednesdays • 10-11:30am Session 1: April 1-29; Session 2: May 6-27	PAC	\$5/month
Bring your little ones to an interactive study of the arts. Starz will learn about visual art, creative movement and how to express themselves using performing arts techniques. This will be a fun, active, interactive program that will get energy and motivation flowing. Parent's involvement required. For more information call 766-1510.				
Egg Glow Hunt	5-12	April 2 • 6-7:30pm	OHCC	\$3/person
Take the tradition out of searching for Easter eggs. Who knew eggs could glow? This Easter egg hunt allows you a turn to walk through a glow-in-the-dark path in the search for that special glow-in-the-dark egg. Some eggs will contain prizes. There will be small groups going through at a time to ensure fairness during the hunt. For more information call 757-1123.				
Home School Arts	6-17	Tuesdays & Thursdays • 11:30am-12:30pm	PAC	\$10/month
Home schooled kids will enjoy learning about the performing arts, and the techniques and skills required to maximize their expression potential! Activities include tips on visual arts, creative movement, acting, theatre history, sound/lighting overviews, hands-on art and the basics of what it takes to be in the industry. Session 1: April 2-30; Session 2: May 5-28. For more information call 766-1510.				
Spring Break Camp	6-12	Monday-Friday, April 6-10 • 7am-6pm	NHCC	\$80/wk+\$75/wk per addl. child
This program gives youth the opportunity to spend their spring break enjoying some unforgettable leisure fun. There will be enrichments, field trips, and many group activities. Sign your child up today! For more information call 825-4805.				
Afternoon Arts Blast	6-15	Monday-Thursday, April 13-June 4 • 4-6:30pm	PAC	\$7/week or \$40/8-week session
This fast-moving program will feature vastly different stations for participants to spend a short amount of time learning about each day. Participate in short sessions of dance, fitness, vocals, acting techniques and more, in this fun, motivating and expressive program. For more information call 766-1510.				
Royal Tea	4-12	Saturdays, April 18 & July 18 • 11am	FMCC	\$5/princess
Dress up in your prettiest attire and join us for Royal Tea. There will be a special visit from a princess, who will read a special tale to the group, and partake in the festivities with the girls. Royal photos will be taken with all little Princesses. Parents are urged to stay with the very little princesses. Thrones are limited and parents should register before each event. For more information call 727-6831.				
“Get it Girl”	9-13	Saturdays, May 2, June 6, July 11 & Aug 1 • 11am-1pm	OHCC	HPR Youth ID
Girls meet each month to discuss and do fun activities that are relative to being a young lady. The activities range from self-esteem exercises, fitness fun, and career explorations. Opportunity for young ladies to enhance interpersonal skills, self- confidence, become a leader amongst their peers. For more information call 727-1123.				
Mother and Son Dance	5-18	Saturday, May 2 • 5-9pm	NHCC	\$10/person
This dance will be an event to remember, Mothers and Sons will come dance the night away while listening to their favorite music. This event will create memories that will last forever. For more information call 825-4805.				
Chill Zone	12-17	Friday, May 7 • 3-6pm	OHCC	FREE
Hang out with your friends and de-stress a bit. Everyone needs a break we have snacks, board games, hoops, Wii, foosball and movies. This room opens up for Chill Zone once a month. For more information call 727-1123.				
Be Well Health and Wellness Fair	9-18	Saturday, May 9 • 10am-2pm	OHCC	FREE
Youth and teens get an opportunity to check out vendors, get information, see demonstrations on valuable topics relative to their age groups. This is a onetime special event for youth and teens. It is guaranteed to be an enjoyable day to remember. Music, fitness, vendors, education, fun! For more information call 727-1123.				

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
Kids Cake Pop Class Boys and girls are welcome to participate in the cake pop class. Cake and supplies will be provided! Children will take cake pops home with them for the family to enjoy. Seats are limited. Must register and have 5 registered to make the class a go. Please have long hair tied back. For more information call 727-6831. Interested participants need to be registered one week before class start date.	8-12	Saturday, May 16 & August 29 • 10am-Noon	FMCC	\$12/class
Club 13-18 Teen Camp We have a variety of field trips (some field trips have additional cost) that are Teen Friendly. Participants will swim every week. Teens will enjoy absolute FUN while participating in enrichments that include leadership, communication and problem solving skills; independence, responsibility and initiative; self-awareness and self-esteem; cooperation and conflict resolution. Club 13-18 promotes and enhances study skills over the summer break to prepare your student for the return to school. For more information call 825-4805.	13-18	June 15-August 21 • 7am-6pm	NHCC	\$80/wk+\$75/wk per addl. child
Teens-N-Training The mission of Teens-N-Training is to train teens to become recreation leaders and to provide assistance for our summer programs. Summer training is for teens only. The first 10 teens will go through training. This is a program to develop and enhance leadership skills, encourages self-confidence and an opportunity to work with children. For more information call 727-1123.	14-15	Saturday, June 20 • 9am-6pm	OHCC	FREE
Fashion & Arts Combine fashion and the arts! Fashion designers will learn how to take their ideas from drawings to a one-of-a-kind wearable themed item! Classes in making patterns and sewing also included. Dance and Acting classes will be held simultaneously – focusing on the theme of the design. Program culminates with a runway fashion show held in the Star Theatre in the Performing & Creative Arts Center. Production features the designer's clothing with a themed, choreographed dance celebrating the design. Class is for beginning to intermediate: fashion designers, dancers, and models. Maximum of 5 designers, 5 models, and 15 dancers. Participants are required to attend the full six-week program. For more information call 728-5480 or email mstclair@hampton.gov.	12-18	June 26-August 7 • 6-9pm	PAC	\$35/week or \$200/6-weeks
Farm to Table – Mini Camp Through engaging activities and games students will learn how their food gets from farms to tables. Students learn technology, math, science, and social studies skills. This is a twelve day camp with each session being held for one hour. For more information call 727-6831. Must have at least 5 children registered for camp to start. Seats are limited to 10. Must Register at Community Center before June 30.	6-9	July 6-21 • 8-9am	FMCC	\$10/child
Brick Lab-Mini Camp Thru engaging conversations, games, and hands on activities, students will learn about famous structures of the world, then using teamwork, make a replica of the structures using Legos! This is a twelve-day camp with each session being held for one hour. For more information call 727-6831. Must have at least 5 children registered for camp to start. Seats are limited to 10. Must Register at Community Center before June 30.	9-12	July 6-21 • 10-11am	FMCC	\$10/child
M.A.L.D. Academy Promo Fest Music/Arts/Lyrics/Dance; local Amateur artist of all ages will showcase their musical talents. Registration by phone or come in one week prior to event. For more information call 727-1160.	13-18	Saturdays, July 18 & August 15 • Noon	NPCC	FREE w/HPR ID
Press Play Music and Arts Summer Camp Press Play is a creative kids dream. Youth make music, perform dramas, create amazing crafts, and play fun games that are meant to sharpen artistic ability and engage the mind. For more information call 913-1745 or email lifepowermusic@gmail.com.	8-16	July-August • Time TBA	PAC	Fee TBA
Young Men of Courage Mentorship Program Our mission is to educate and uplift young men on the foundations of becoming a man. To inform and encourage young men to display hard work and dedication as they seek to fulfill their life's purpose. For more information call 727-1123.	10-16	August 29 • 9am-5pm	OHCC	FREE
Kid's Café Snack Shack This program gives youth and teens an opportunity to kick back and chill with friends. This program also gives children the chance to get a healthy yet fun snack. For more information call Valerie at 825-4805.	6-17	Monday-Friday • 2:30-6pm	NHCC	\$3/week
Recording Studio Production Classes include artist development, how to develop music production skills in the areas of Hip-Hop, Dance, R&B, and Pop. Students study popular production techniques, the art of the being a DJ, beat making and learning how to turn your passion in the music industry to develop your brand. Services provided include music recording services for all ages. *Contact instructor for times and fees. For more information call 913-1745 or email lifepowermusic@gmail.com.	12+	Monday-Saturday*	PAC	*
Music Video Training Classes include all aspects of filming and editing videos and film. This extensive class takes you from shooting to editing videos. Other services are provided to artists that would like to have their music videos produced professionally. *Contact instructor for times and fees. For more information call Jamal at 243-3274 or email contact@TMVTC.com.	12+	Monday-Saturday*	PAC	*
Toddler Picasso This program will allow children to use their imagination to create their own art masterpieces. For more information call 825-4805.	2-4	3rd Tuesdays of the month • 10-11:30am	NHCC	\$10/6-class session
Creative Motion/ Home School Program Students bring a friend and creativity to express your artistic talent with this ceramic program. Design your very own cup, plate, picture frame, or pick from our selections of moldings. The \$3 covers paint and brush Bisque fees vary. For more information call 727-6835.	6-19	Wednesdays & Fridays • 10am-Noon	FMCC	\$3 w/HPR ID

Girls Who ROCK Crafts • 10-17 1st Fridays of the month • 4:30-5:30pm
PAC • \$5/class
Instructor will teach bead jewelry making, sewing, knitting and other crafts. This class is for the beginning to the experienced. Materials are supplied. Learn a craft and meet other girls who understand that: Girls who craft ROCK! For more information call 766-1510 or 728-5480.

Basic Crochet • 6+
1st Saturdays of the month • 11am-1pm
NPCC • FREE w/HPR ID
Did you ever want to learn how to make your own scarf or lap blanket? To register or for more information call 727-1160.

The Art of Performing
8+ • Saturdays • Noon-2pm
PAC • \$30/6-weeks
Before you take center stage, hone your skills to become an experienced performer! Class includes: vocal technique coaching, stage presence, public speaking, showmanship, song/material selection, and performance training. For more information call 652-6382 or 728-5480 or email dimeceo@gmail.com or mstclair@hampton.gov.

Tomorrow's Leaders • 6-12
2nd & 4th Saturdays of the month
10am-2pm • NHCC • FREE w/HPR ID
Provides children withan opportunity to engage in fun learning activities during various workshops geared to teaching life skills such as being goal oriented, dealing with peer pressure, making good decisions, organizational skills, and more. For more information call 825-4805.

Mini Master Chefs • 6-13
3rd Saturdays of the month • 1:30-3:30pm
NHCC • \$20/6 classes
This program will give children insight on how to create simple yet delicious and nutritious meals. For more information call 825-4805.



YOUTH [continued]

FITNESS [more fitness programs for all ages & families included in Adult]

Jump Rope Club • 6-10 • Thurs, April 2-June 4 • 4:30-5:30pm • OHCC • FREE w/HPR ID
Kids will meet after school to practice jump rope techniques. Enjoy the wonderful benefits of jumping rope: get the blood flowing, encourage endurance, practice coordination and most importantly have fun exercising. For more information call 727-1123.

Future Leader League Team Basketball • 13-18
Wednesdays, April 22-May 27 & June 24-July 29 • 6-8pm • NPCC • FREE w/HPR ID
Students in grades 9-12 come on out and participate in our High School Basketball League. For more information call 727-1160.

Hip Hop Dance Fitness • 12+ • Saturday, May 2 • 10-10:45am • OHCC • \$5/class
Hip hop dance is great for getting younger kids and teens into a steady workout routine. Hip Hop dance can be performed to the newest hip hop hits, so kids won't complain so much about having to exercise each day. Like Zumba, there are certain hip hop dance programs that target specific areas of the body. You can work on all of them or just choose the one that fits your needs. For more information call 727-1123.

Pool Relays • 7-12 • Saturdays, May 2 & May 16 • Noon-1pm • OHCC • \$1.50/person
See who's the best in these different race styles: back stroke, doggie paddle and free style. Registration April 1-24. For more information call 727-1123.

Youth Basketball Camp • 6-17 • Saturday, June 27 • 10am-3pm • WHCC • \$5 w/HPR ID
This program is created to teach the basic fundamentals of basketball. There will be two sessions (age 6-11: 10am-noon; age 12-17: 1-3pm) in which we will teach the children and teens the importance of fundamental basketball and good sportsmanship. There will be plenty of games and competitions so that the players can show off their new moves on the basketball court. All levels are welcome. Players will be separated into teams based on skill level. If you are looking for an educational experience while having summer fun this is the camp for you. For more information call 896-4687.

Indoor Rock Climbing Wall • 6+ • Monday-Friday • 10am-7pm; Saturdays, upon request
WHCC • \$10/month w/HRP ID • \$1 per interest climb
The Indoor Rock climbing wall is a safe, fun, competitive, and challenging activity. Participants will learn the fundamentals of rock climbing including how to rock climb, tie knots and the proper way to use equipment. The indoor climbing wall is available for birthday parties, rentals, school functions and individual climbing. For more information call 896-4687 or 896-4694.

Aqua Frenzy/Home School Program • 6-18 • Tues & Thurs • 10am-Noon
FMCC • \$1 w/HPR ID
During Aqua Frenzy times, the lap pool will have fun flotation items available for you to play with! All persons using the lap pool during this time must be capable of swimming in deep water unassisted and may be tested by a lifeguard. Please DO NOT bring your own flotation! We will provide everything you need for a fabulous float time! The two water slides will also be available during float time. For more information call 727-6835.

Tae Kwon Do • 6+ • Tuesdays • 7-8pm • NHCC • \$25/month
Thursdays 7-8pm (Therapeutic Program) • NHCC • \$25/month
Traditional Tae Kwon Do taught by certified TKD Master Barnes. Program focuses on developing self-confidence, self-esteem, and self-defense while respecting the individual needs of participants with disabilities of varying levels. For more information call 825-4805.

Karate • 5+ • Tuesday • 5:30-7:30pm • FMCC • \$50/month
Martial Arts was founded on the development of mind, body, and spirit through training. This is an excellent conditioning program for your body. The only requirement is to be of strong mind, have a strong will, and the willingness to train your body for Martial Arts. For more information call 727-6831. Interested participants may also call Master Jeff Bateman at 544-KICK.

Home School Fitness • 6-17 • Tues-Thurs • 10-11am & Fri • 10am-Noon
WHCC • FREE w/HPR ID
Learn the skills and rules of sports along with basic fundamentals of fitness, recreational games, rock climbing, and more. For more information call 896-4687.



June 15-August 21 (Note: All programs are closed July 3) Monday-Friday, 9am-2pm

Summer Playgrounds is a fun-filled, enriching summer program for children ages 6-17.

Kids will be placed in age appropriate groups during activities.

Stay and play from 2-6pm for more fun with our great staff!
(Free w/with HPR ID.)

COST: \$15 fee per child per week

REGISTRATION FEE: \$20 per child

Registration begins April 1 – Contact Centers.
All fees are non-refundable.

Old Hampton Community Center 201 Lincoln St.	727-1123
Newtown Learning Center	. 4315 Kecoughtan Rd	728-1710
North Phoebus Community Center 249 W. Chamberlin Ave....	727-1160
YH Thomas Community Center 1300 Thomas St.	727-1200

For more information and registration call any center listed.
USDA lunch provided at all sites.

Summer Feeding Program Only:

Cary Elementary 2009 Andrews Blvd.. 825-5092

.....
The Hampton Parks and Recreation Department offers programs which are open to all persons regardless of race, sex, religion, color, national origin, age, or disability. If you are disabled and will need a special accommodation in order to participate, please contact Therapeutic Services at (757) 727-1123.

Summer Fun Camp 2015

June 15-August 21

7am-6pm

FMCC, WHCC &
NHCC

*Summer Fun Camp provides a safe
environment for youth ages 6-12.*

Youth will enjoy weeks of fun local field trips,
enrichments, games,
swimming and
much more!



If your child
comes home
TIRED and DIRTY,
then we know
they've had a full Funtastic Day.

For more
information call:
NHCC 825-4805,
WHCC 896-4687
& FMCC 727-6831.

FEES: \$20 non-refundable registration fee per child \$80 weekly fee (\$75 for each additional child)
Rate for week 3 \$75 program fee (\$70 for each additional child)
Full weekly payment is due at the time of registration

YOUTH [continued]

DANCE

**Youth Ensemble of Artists–
Hampton Summer Intensive** • 8-18

July 20-August 28 • 9am-4pm
PAC • \$300/6-week session

This dance summer extensive teaches technique and fundamentals for dance forms from ballet to Hip-Hop. Program culminates in a musical production featuring participants on the new Star Theatre in the Hampton Performing & Creative Arts Center. Space is limited. Must attend all sessions to experience the full impact of the musical. The fee of \$300 can be paid in two installments: the first \$150 is due prior to start date and second installment prior to fourth week of program. For more information call 927-4910 or email iris@maddance.net.

Ballet • 3-5 • Saturdays • 10-10:50am
NHCC • \$25/month

This introductory ballet class will focus on ballet steps, movements, balance, coordination, motor skills and flexibility. Basic ballet positions are incorporated. For more information call 825-4805.

Ballet • 6-17 • Saturdays • 11am-Noon
NHCC • \$25/month

Teaches proper ballet technique, coupled with discipline – ballet vocabulary, history and approach – sculpts the entire body, promotes flexibility, proper alignment and strength. For more information call 825-4805.

Dance Classes • 6-18 • Mon-Fri • PAC
Middleton Academy Dance and PAC are committed to excellence in dance through precise technical training. Classes include: Ballet, Jazz, and Hip-Hop. Times/days are determined by age. For more information and fees call 927-4910 or email iris@maddance.net.

COMMUNITY CENTERS ABBREVIATIONS KEY:

Air Power Park APP
Fort Monroe Community Center. FMCC
Hampton Performing and
Creative Arts Center PAC
Hampton Senior Center HSC
Northampton Community Center. NHCC
North Phoebus Community Center NPCC
Old Hampton Community Center. OHCC
West Hampton Community Center WHCC

**You can register for classes
at any community center
— or — call 727-8311!**

Healthy Families

Parent Education Classes

Healthy Families Partnership offers a variety of Parent Education Classes for families with children ages 0 through 18. Below is a list of upcoming classes. For an updated list visit www.hampton.gov/healthyfamilies

APRIL

- 1 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation. (5 – 9pm)
- 14 – **Better Relationships** – Couples set goals & examine the values within their relationship
- 14 – **Dynamic Dads** – Communication, Male/Female relationships & responsible fatherhood
- 14 – **1-2-3 Magic** – addresses the difficult tasks of child discipline with honor, keen insight and proven experience.
- 16 – **Nurturing Skills ages 1-4** – Normal child development, routines, positive discipline & more
- 16 – **Nurturing Skills ages 5-12** – Family rules, manage behavior, stress & communicate effectively
- 16 – **Connecting with your Teen** – Parents & Teens learn to handle stress, communicate & negotiate
- 18 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation. (9:30am-1:30pm)
- 18 – **LAMB Workshop** – Six hour one day Pre-natal workshop
- 20 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation. (9am - 1pm)

MAY

- 5 – **LAMB (Labor & My Baby)** – Calm your fears and prepare for parenthood
- 6 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation. (5 – 9pm)
- 16 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation. (9:30am-1:30pm)
- 18 – **Kids First** – 4 hr. workshop, Meets court ordered issues for custody & visitation. (9am - 1pm)

PARENT EDUCATION CLASS REGISTRATION FEE:

Hampton residents: FREE.
Non-Hampton residents: Call for fee.
The Crossroads class is \$50 per person.

Payments accepted: Mastercard, VISA, money order, personal check, cash

REGISTRATION: call 727-1300. Hampton's Healthy Families Partnership is conveniently located at 100 Old Hampton Lane in downtown Hampton.

- Dinner at 5:30pm for Tuesday & Thursday classes
- Childcare and Free Parking
- Help with transportation (call for details)

School Age Programs

BEFORE & AFTER SCHOOL PROGRAMS

For registration information please contact the School Age Program office Monday – Friday between 9am – 4pm at 727-1300 option 4 or visit www.hampton.gov/healthyfamilies

SCHOOL PROGRAM FEES:

One-time registration fee of \$20 per child plus first week's payment due at registration.

Before School Program

\$20 each week for the 1st child
(\$17 each week for each additional child).

After School Program

\$45 each week for the 1st child
(\$40 each week for each additional child).

Fees Are Subject To Change

Call 727-1300 Option 4 for more information.

HAMPTON VA
HEALTHY FAMILIES



www.hampton.gov/healthyfamilies

youth athletic commissioners

Youth Basketball

Ages 6-18 • November-March
Registration: October

ABERDEEN Mike Borum • 771-1470
ANDREWS Derryck Gowie • 268-3333
CAVALIERS Carlisa Merritt • 339-4818
DAVIS MIDDLE SCHOOL Dwayne Campbell • 438-7920
EAST COAST Teddy Rainey • 825-2562
EATON Mark Hudson • 825-4540
FOX HILL Lisa Quidera • 268-6734
KAPPA CARDINALS Arthur Price • 838-6251
NORTHAMPTON Adrian Lyles • 725-4510
PHENIX Andrew Lloyd • 268-3500
PHOEBUS Marcus Bell • 544-1040
SPRATLEY Michelle Barnes • 850-5032
SYMS Theresa Brown • 850-5050
TYLER Steve Gurley • 851-2395
WOODLAND Leah Washington • 303-8295
Y.H. THOMAS Kivinie Johnson • 262-7352

Football

Ages 6-14 • July-November
Registration: April

ABERDEEN Dave Walters • 727-0599
CAVALIERS Kevin Custis • 753-9488
EAST COAST Teddy Rainey • 825-2562
FOX HILL Kathy Mounts • 327-9581
KAPPA CARDINALS Arthur Price • 838-6251
NORTHAMPTON Mitzi Newlin • 608-8364
PHOEBUS Marcus Bell • 544-1040
TYLER Steve Gurley • 851-2395
WOODLAND Willie Washington • 303-8295
Y.H. THOMAS Kivine Johnson • 262-7352

Soccer

Ages 4-18 • March-June / September-November
Registration: February

VIRGINIA RUSH (ages 3-15) ... VA Rush Office • 430-3500
PHILLIPS (ages 4-18) Kathy Cato • 851-6600
PENINSULA AYSO (ages 2½-12)
..... Warren White • commissioner@aysoregion1310.com

Baseball/T-Ball

Ages 6-17 • March-June
Registration: February; Phillips April

ABERDEEN Linwood Harper • 838-4679
NORTHAMPTON Carlos Rodriguez • 838-2970
PHILLIPS Dan Boltz • 851-6600
PHOEBUS Gerald Stutt • 647-5124
WYTHE Phil Everhart, Jr. • 771-5213
Y.H. THOMAS Kivinie Johnson • 262-7352

Softball

Ages 18+
SPRING: March-August
FALL LEAGUE: September-November

ATHLETIC OFFICE 726-8750

Girls' Softball

Ages 8-16 • June-July
Registration: May

ABERDEEN Linwood Harper • 838-4679
FOX HILL Kevin Johnson • 851-0613
NORTHAMPTON Carlos Rodriguez • 838-2970
WYTHE Phil Everhart, Jr. • 771-5213

Cheerleading

Ages 6-14 • July-November
Registration: April

ABERDEEN Yvonne Harper • 838-4679
CAVALIERS Carlisa Merritt • 339-4818
EAST COAST Jodi Gibson • 713-3799
FOX HILL Adrian Lontz • 256-9754
KAPPA CARDINALS Deena Franklin • 685-1909
NORTHAMPTON Mitzi Newlin • 608-8364
PHOEBUS Jessica Brinkley • 593-6308
TYLER Steve Gurley • 851-2395
WOODLAND Leah Washington • 303-8295
Y.H. THOMAS Kivinie Johnson • 262-7352



**Check www.hampton.gov/parks
for the latest updates!**

Revised 03/11/15

YOUTH ATHLETIC PROGRAMS

Hampton Parks & Recreation

ATHLETIC OFFICE

413 W. Mercury Blvd
726-8750 or 726-8751



The Hampton Parks and Recreation Department offers programs which are open to all persons regardless of race, sex, religion, color, national origin, age or disability.

If you are disabled and will need special accommodation in order to participate, please contact us at
(757) 727-1601.

Street Striders

The Elliptical That Moves You!!

The **Fort Monroe Community Center** invites you to come join our stride! When you ride with us we guarantee you'll have fun, get fit and feel refreshed afterward! You can ride on these Street Striders anytime we're open! *Adult and children's sizes are available.*

You must have an HPR Card to ride! For more information call 727-6833.

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- Hampton Senior Center HSC
- Northampton Community Center. NHCC
- North Phoebus Community Center NPCC
- Old Hampton Community Center. OHCC
- West Hampton Community Center WHCC

You can register for classes at any community center — or — call 727-8311!

LEISURE CLASS PROGRAM INSTRUCTORS

If you have a skill that you want to share and get paid, call 727-1664.

wanted

ADULTS [Includes programs for “Families” and “All” ages.]

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
SPECIAL EVENTS / LEISURE / SOCIAL				
Will You Be Our Neighbor?	All	Fridays & Saturdays April 3-May 1	FMCC	FREE w/HPR ID
Welcome to the newly renovated Fort Monroe Community Center. We are offering a day of fun-filled activities for groups and organizations. Please come by to visit and set up your fun-filled day with us. For more information call Nicole Dennis 727-6835.				
Card Boss	16+	Thursdays, April 2-23 • Noon-2pm	OHCC	FREE
Play your favorite card games and enjoy an afternoon out. Choose from Spades, Poker and Bid Whist. Registration for participation is March 2-27. For more information call 727-1123.				
Refresher Computer Lab Course	21+	Tuesdays & Thursdays, April 7-June 11 • 6pm	NPCC	FREE
Adults who want to learn the basic computer skills, or get a refresher course please sign up in advance by calling 727-1160.				
Monthly Movie Munchies	18+	2nd Tuesdays, April 14-August 11 • 11:15am	PAC	FREE w/HPR ID, \$1 otherwise
Enjoy Movies on the big screen along with the must have popcorn. Movies will range from Family-oriented to Westerns. A new selection showing every month. For more information call 766-1510.				
Clean the Community- Recognition of Earth Day	ALL	Wednesday, April 22 • 3-4:30pm	NPCC	FREE
NPCC Staff and youth will participate in Earth Day picking up litter in the Community, everyone is welcome. For more information call 727-1160.				
Jazz at the Court	All	Thursdays, April 23-May 28 • 6-7pm	OHCC	FREE
Celebrate the musical flavor of New Orleans right here with a jazz band. Their rhythm consists of bold brass sounds and Caribbean beats. Enjoy Mardi Gras entertainment with stilt walkers, a cirque mime troupe and a living statue. For more information call 727-1123.				
Community Theatre Success	18+	Saturday, April 25 • 2-4pm	PAC	\$25
If you have written a play that you want produced in a community theatre and you don't know where to start this workshop is for you! Learn how you can take make sure your script is ready for the stage and find out what you need to do to prepare your play to be theatre ready. We will cover how to find actors and a theatre for your play. One script will be chosen to be produced at the beautiful Star Theatre located in the Performing & Creative Arts Center in late 2015. The maximum participants for this workshop is 8 so register early! For more information call 766-1510 or Marie St. Clair 728-5480.				
LOL... Love Overcomes Lupus Club	All	Thursday, April 30 • 6:30-7:30pm	FMCC	FREE w/HPR ID or HPR day pass
Come join us as we laugh, cry, and support each other by expressing our journey as we live each day by showing how “LOL”...LOVE OVERCOMES LUPUS. Our interest is to provide you with education, support, fitness, and love. Everyone is welcomed friends, family and those who support our journey. For more information call 727-6835.				
Musical Mosaic Vocal Ensemble Concert	All	Saturday, May 2 • 7pm	PAC	\$5/person
Join Hampton's Musical Mosaic Vocal Ensemble as they sing the music of famous girl groups from the Supremes to Destiny's Child. Most all your favorite songs will be song and you are invited to sing and dance your way through the concert! Musical Mosaic is housed at the Hampton Performing and Creative Arts Center and has been in existence for two years. This group of ladies sings music that encourages, and this concert is guaranteed to leave you feeling good! The concert will be held in the beautiful Star Theater located in the Performing & Creative Arts Center. For more information call 766-1510.				
Pretty Painted Glass	18+	Tuesdays, May 12 & June 9 • 10am-12:30pm	OHCC	\$3 supply Fee
In this fun class each participant gets an opportunity to decorate drink ware like a wineglass or tumbler with a beautiful painted design. Once complete it is yours to take home and enjoy. Registration dates for this class are April 1-30. For more information please call 757-1123.				
Job Resource Fair	21+	Wednesday, May 20 • 11am-2pm	NPCC	FREE
Come out and meet various representatives from local companies – Dress to impress! For more information call 727-1160.				
Popcorn and Bingo	18+	June 19 • 5:30-7:30pm	OHCC	FREE w/HPR ID
Play Bingo games while enjoying nice refreshments of popcorn and juice. The winner of Bingo wins a prize. For more information call 727-1123.				

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
PAC Summer Concert Series	6+	Saturdays & Sundays, June 27-28, July 25-26, August 29-30 • 7pm	PAC	\$5 ages 10+ (9 and under FREE)
Summer Concert Series will feature a different local artist each month. Saturday nights the music is geared for either a teen or adult audience, depending on the feature artist. Sunday afternoon the entire family and people of all ages are invited to enjoy live music. All concerts will be held in our beautiful Star Theatre located in the Performing & Creative Arts Center. Artists of any age who are ready for the stage and would like to perform are invited to contact Marie St.Clair starting in May to schedule an audition to perform. The concert series seeks artists of ALL genres of music! For more information call 728-5480 or email mstclair@hampton.gov.				
Parks and Recreation Celebration Making Ice-Cream Sundaes	All	Saturday, July 25 • 1-2pm	NPCC	FREE
Join the staff in celebration of Parks and Recreation Month by creating Ice-Cream Sundaes. For more information call 727-1123.				
The Art Zone	18+	Mondays • 10am-2pm	NHCC	FREE w/HPR ID
The Art Zone is an “open studio” of fine arts. The club is for participants who paint in acrylic, oil, and watercolors. Participants must bring their own supplies and lunch/snacks. For more information call 825-4805.				
Yarn a Month Knitting Club	All	Last Monday of each month • 6-7pm	NHCC	FREE w/HPR ID
Looking for a place to join others who share your passion for knitting? Learn a new pattern each month. Enjoy meeting like minds who enjoy the art of knitting. For more information call 825-4805.				
Movie and Lunch	21+	First Wednesday of the month • 11am-1pm	NPCC	FREE w/HPR ID
For more information, contact Larry Vaughn at 727-1160.				
Ye ole’ Quilting Class	18+	Thursdays • 6pm	FMCC	\$50/5-week session
Beginners to advanced sewers are welcome to attend! 1st class of the session is to plan color of selected project and to receive supply list. Learn how to use the color wheel and pick fabrics to create attractive homemade quilts and wall-hangings. Instructor will be able to show how to set squares to produce different attractive patterns. For more information call 727-6831.				
Music and Poetry Open Mic	All	3rd Thursdays of the month • 7pm	PAC	FREE
Now in its sixth year this is the place for families and all ages to come out and share their talent in front of a positive audience. This open mic show hosted by Dreason Ruckett and featuring Indie Artist Casey is the place where people who love to perform and have never performed in front of an audience, people who haven’t performed in a long while, or people who need additional audience time before a show, to come out and perform. We are the place for entertainers to entertain and listeners to listen. All forms of considerate art expression are welcomed! For more information call 766-1510 or Marie St. Clair 728-5480.				
Community Craft Day	18+	1st Fridays of the month • 6-8pm	PAC	FREE
Crafters...this time is scheduled for you to bring all your craft projects out, meet with other crafters, or bring your craft groups to share, swap, or learn a new craft in our spacious great room in the Performing & Creative Arts Center! You no longer have to meet at someone’s house, or not have enough room to stretch your arms; we’ve got the perfect place for you! For more information call 766-1510 or Marie St. Clair 728-5480.				
Hot Spot Open Mic	16-22	3rd Saturdays of the month • 7pm	PAC	FREE
Join host Johvanni Cruz for the hottest show on the Peninsula. Spoken word poets, poets, singers, dancers, rappers, etc. are invited to share their talent with our wonderful audience. Club-“like” atmosphere, hyped talent, and a cool audience make this show the place you need to be each month! Great place to meet new people and check out the great talent. Hot Spot is the place to find out what’s hot in Hampton. For more information call Marie St.Clair 728-5480 or email mstclair@hampton.gov.				

Acting Classes ♦ Dance Classes ♦ Visual Art ♦ Recording Studio ♦ Two Dance Studios ♦ Band Rehearsal Space ♦ Art Gallery
Young Adult Programming ♦ Production Room ♦ Music Room ♦ 150-Seat Theater ♦ Pool Professional Instructors ♦ Hot Tub ♦ Musical Theatre
Vocal Lessons ♦ Homeschool Programming ♦ Theatre Troupe ♦ Open Mic Nights ♦ Poetry Readings ♦ Self-Defense Classes
Local Performers ♦ Musical Mosaic Vocal Ensemble ♦ Powerhouse Poets ♦ Room Rentals ♦ Chicago Dance ♦ Preschool Programming
Afternoon Art Blast ♦ Youth Ensemble of Hampton ♦ Plays ♦ Concerts ♦ Shows ♦ Parties ♦ Painting Classes ♦ Stretch & Tone ♦ Vocal Rehearsal Spaces
Craft Skill Building ♦ Jewelry Making ♦ Open Swim ♦ Lap Swim ♦ Private Swim Lessons ♦ Lifepower Music Mentoring Programming
Piano Lessons ♦ Ballet ♦ Jazz ♦ Hip-Hop ♦ Inner-Tainers Theatre Troupe ♦ Improv Exercises ♦ Recording Studio Production ♦ Freehand Drawing Techniques
Music Video Training Center ♦ Acting Techniques ♦ Improv Exercises ♦ Still-Life Drawing ♦ Movie Nights ♦ Creativity Studio ♦ Beginner’s Classes
Snack Lounge ♦ Local Homemade Art Showcased ♦ Student’s Art Week ♦ Self-Serve Coffee Bar ♦ Beat-Making ♦ Aquatics Center

HAMPTON PERFORMING AND CREATIVE ARTS CENTER

300 Butler Farm Road ■ Hampton, VA 23666 ■ 757.766.1510

Contact us for rentals and programming information today!

Birthday Parties @ Ft. Monroe Community Center

For ages 5-12 • Year Round

Monday-Friday, Noon-8pm
Saturdays, Noon-4pm

BASIC PARTY PACKAGE:
\$200 & up, \$50 non-refundable deposit
What better way to celebrate your child’s birthday but at Ft. Monroe Community Center where they will enjoy all the excitement and adventure with their favorite friends & family. Each birthday party package includes the following:

- Twelve party guests
- Two-hour use of our Birthday Room
- Choice of Cheese & Pepperoni Pizza with Drinks
- Cupcakes & Ice Cream for every guest
(You are permitted to bring other food items that can be stored within our kitchen area duringf your party.)
- A Wonderland gift for the birthday boy or girl

When you book your party with us, you also get to choose from one of the following themes:

Princess & Tea • Let’s Slide & Dive
Carnival • Pirates • Divas & Dons
Hip Hop Hooray, It’s My Birthday

You can choose your very own theme and we will get the party started. Must meet with party coordinator Nicole Dennis to plan and finalize your very own party package.

Cost will be determined at the time of planning. For more information call Nicole Dennis at 727-6835.

SPONSORSHIP OPPORTUNITIES

Hampton Parks & Recreation is currently seeking sponsors for their upcoming events.

If you would like to donate any items, or sponsor an event please call 727-8314.

Fitness Center Memberships:

*Fitness Memberships and classes are for ages 13 & up. Ages 13-15 must be accompanied by an adult.

\$15 per month — annual membership required
*Pay monthly — no contract

*Access to all 4 community center fitness centers:

West Hampton CC • Northampton CC
Old Hampton CC • North Phoebus CC

(Fort Monroe — coming soon!)

5 OFF Monthly Fitness Class! Expires 6/30/15

ADULTS [continued]

FITNESS & WELLNESS

Give Your Body Some Love

“Wellness is an active process of becoming aware of, and making choices toward a healthy and fulfilling life; a state of complete physical, mental and social well-being. Not merely the absence of illness or disease.” —Source: World Health Organization

It is so important to maintain overall health and wellness. Our lives are busy and we tend to forget about our health. It is so easy to get lost in the daily mix of things to do; things we need to do and things we should do.

Give your body some love. When was the last time you stretched? Relaxed and took a few slow breaths? Got your heart rate up and blood pumping? We tend to see these tasks as a luxury;

something to do when we have time or money. The fact is exercise is the opposite. It is a necessity to prevent illness and disease.

Exercise should be treated as an appointment. If we pencil exercise into our daily schedule like we would a doctor’s appointment, we would be more likely to keep a regular exercise routine.

Our fitness and wellness programs are designed to give our members a balance of physical, mental and social well-being. We offer different types of classes for all ages and fitness levels. There are morning and evening classes at affordable rates! I hope you visit our classes and programs and pencil us in on your calendar.

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
“Dance Elated”	All	April 4 & May 16 • 2-4pm	FMCC	FREE w/HPR ID or HPR day pass
Come join us for a diverse opportunity to engage in an activity that promotes overall health and wellness. Dance Elated is done barefoot or, if that is uncomfortable, in non-skid/slip socks. Participants are encouraged – the week prior – to submit one or two favorite dancing/movement tunes in mp3 format to Marie Booker Woodard @ Exaltedrituals@gmail.com. We will play them during the session. Call 727-6835 for more information.				
5K Beginner	All	Saturdays April 4-September 5 10am-Noon	NHCC	FREE w/HPR ID
Running a 5K is an excellent goal for new runners. You’ll get lots of motivation, as well as enjoyment, from participating in a race, and 5K (3.1 miles) is the perfect distance for first-timers. Even if you have never run before, you can be ready for a 5K in a couple of months. Enjoy the physical fitness, meet new running friends and see the difference in your quality of life. Call 825-4805 for more information				
Workout Tape Wednesdays	25+	April 15-May 27 • 11am-Noon	OHCC	FREE w/HPR ID
No pressure, just exercise! Open time for adults and seniors to come in and workout to popular work out tapes. Go at your pace to achieve a fulfilling workout. For more information please call 757-1123.				
Hoop It Up	13+	Saturdays, June 6-27 • Noon-2pm	OHCC	\$5/per team
Bring your team out for 3 on 3 basketball games. Show you are the best in the community!!! Team Registrations will take place May 1-29.The games will be played on each Saturday during the month of June. For more information please call 727-1123.				
Yoga on the Beach	13+	Sundays, June 14, July 12, Aug 9 & Sept 13 • 8-9am	Buckroe Beach Stage	FREE
Come enjoy the breeze by the water as you relax and stretch. This class offers a complete mind and body workout with certified instructors. Appropriate for all levels. Yoga mats and equipment available for use, or bring your own. For more information call 896-4687.				
Father's Day Fun Run	6+	June 15 • 10am–2pm	Darling Stadium	FREE
THE RACE: Fun for everyone, challenging enough for serious runners. 1 Mile Run/Walk Starts at 10:30am. COOKOUT: Father's Day wouldn't be complete without a cookout, so each race participant will get a meal ticket. Lunch includes hot dogs, baked beans, potato salad, chips cookies and a drink. For more information call 727-1123.				
Fit Yoga	13+	Mondays • 7-8pm Tuesdays • 9-10am Thursdays • 6:30-7:30pm	NHCC FMCC FMCC	\$15/month or \$25/2-months \$15/month or \$25/2-months \$15/month or \$25/2-months

Fit Yoga is an excellent way to relieve stress and tension while increasing flexibility, strength and energy. This class offers a complete mind and body workout with certified instructors. Yoga mats and equipment available for use, or bring your own. For more information call 727-6833.

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
Walk Away Pounds	13+	Mondays, Thursdays & Fridays • 9-10am Tuesdays & Thursdays • 5-5:45pm Monday & Wednesday • 5-6pm	WHCC WHCC HSC	FREE w/HPR ID FREE w/HPR ID FREE w/HPR ID
Total body walking program designed to reduce stress, decrease fat, and increase muscle and cardio fitness; a great class for those starting a workout program. Supportive walking shoes are required. For more information call 896-4687.				
Kettlebell	13+	Mondays & Wednesdays • 5:30-6:30pm	WHCC	\$20/month
Kettlebells offer the unique balance of strength and cardio with weighted bells using swings, squats, overhead press and other exercises to get your body firm and fit. Great for all fitness levels! For more information call 896-4687.				
Zumba	13+	Mondays • 7-8pm Tuesdays • 7-8pm Thursdays • 7-8pm	WHCC WHCC WHCC	\$5/class \$5/class \$5/class
Zumba Gold		Friday • 10-11am	WHCC	\$5/class
Join the Party!! Zumba is Fitness & FUN! Latin dance moves combined with hot music for a great cardio workout in a judgment free zone. Lose inches, trim your waist, and slim your hips! All classes taught by nationally certified Zumba instructors. For more information call 896-4695.				
Strength & More	13+	Mondays & Wednesdays • 6-7pm	NHCC	\$20/month
Taught by certified personal trainers, this class does it all! Firm, tone and tighten head to toe. This class is great for all fitness levels. For more information 825-4805.				
Line Dancing	18+	Tuesdays & Thursdays • 10-11am Tuesdays & Thursdays • 6-8pm Tuesdays & Thursdays • 11am-Noon	HSC NHCC WHCC	FREE w/HPR ID FREE w/HPR ID FREE w/HPR ID
Put your dancing shoes on and jump in line! Line Dancing is fun for everyone. Great for beginners! Learn the different dances from our experienced instructors. For more information 825-4805.				
Belly Dance Fitness	16+	Tuesdays • 5:30pm	FMCC	\$40/month or \$10/class
Belly Dance is a great way to get in a workout. This beginner class will focus on muscle toning and core strengthening. Let the rhythms of the music take your stress away as you dance to the beat. For more information call 727-6831.				
Lose Weight Pure Cardio	21+	Wednesdays, April1-June 3 • 5-5:45pm	NPCC	FREE w/HPR ID
Fitness Specialist will set up a cardio program just for you - Summer is around the corner just in time to get in shape. For more information 727-1160.				
Line Dancing	18+	Mondays • 6-8pm	FMCC	\$5/single, \$8/couple
Line dancing is a great way to give the body a total workout. Learn all the latest dances and have a good time with other people, so much fun it won't seem like exercise. Everyone is welcome. You will be able to progress at your own pace, classes are offered for people with varying abilities. For more information call 727-6831.				
Cycle Circuit	13+	Saturdays • 9-10am	WHCC	\$15/month
Serious calorie and fat burning workout without the impact of traditional aerobics! Cycle Circuit combines stationary cycling with abdominal work and flexibility training for better overall health and fitness. For more information call 896-4687.				
Women's Adult Volleyball League (Fall)	18+	Tuesdays, Sept 8-Nov 10 • 6:15-9:45pm	WHCC	\$225/team
The Women's Adult Volleyball League is designed for adult women ages 18 & up to participate in a structured, organized, and fun but competitive game of volleyball. The Captain's meeting is scheduled for Tuesday, September 1. For more information call Randall String 896-4687.				

VOLUNTEERS

A volunteer opportunity is yours for the asking. Parks & Recreation can provide opportunities for men, women, and teens to get connected with their communities. You may volunteer as an individual or work as part of a group and help create healthier communities, encourage citizenship, and improve service delivery. As partners in this effort, we can work to enrich the quality of life for everyone, citywide.

For a list of volunteer opportunities or information, please call 727-1601.

PERSONAL TRAINING

Workout with a trainer!

All HPR trainers are nationally certified and ready to get you into shape!

Trainers can assess your fitness level, create a safe and effective program for you and take you through your workout step by step.

Fill out a personal training interest form at any community center.

All sessions are 60 minutes.

Single Session: \$30
6 Sessions: \$140
20 Sessions: \$440

Group training also available – ask about special pricing.

COMMUNITY CENTERS ABBREVIATIONS KEY:

Air Power Park APP
Fort Monroe Community Center. . . FMCC
Hampton Performing and Creative Arts Center PAC
Hampton Senior Center HSC
Northampton Community Center. . . NHCC
North Phoebus Community Center . . NPCC
Old Hampton Community Center. . . OHCC
West Hampton Community Center . . WHCC

You can register for classes at any community center — or — call 727-8311!

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HAMPTON
MAYOR’S COMMITTEE
FOR PEOPLE
WITH DISABILITIES

We meet the 2nd Thursday of every month
except July and December – in City hall –
8th Floor – City Council Chambers from
3-5pm. Come visit us – we’d love to meet
you and have you meet us.

Questions? Call Jeanne at 826-0762.



Silver Sneakers
Member Program

If you are age 55+ you may be eligible
for FREE Annual Membership and FREE
Monthly Fitness Center Membership at
3 of our locations:
West Hampton CC, Northampton CC,
& the Senior Center

Call your insurance provider and ask if
they participate in Silver Sneakers. They
will mail you a membership card. Bring
that card into a community center and they
will set you up!

ACTIVE OLDER ADULTS [HSC = Hampton Senior Center • Call 727-1601]

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
SPECIAL EVENTS / LEISURE / SOCIAL				

Start Your Engines	55+	Thursday, April 2 • 1-2pm	HSC	FREE
An AAA representative will explore the warning signs and basic care required to keep your engines maintained. The rain date for this event is April 9 at the same time. For more information call 727-1601.				

9th Annual Timeless Models Fashion Show	55+	Friday, April 17 • 7-9pm	PAC	\$8
The annual Spring Fashion Show features the Timeless Fashion Models. The Timeless Models will strut down the runway with poise and grace; its amazing to see the seniors at their best. This event is hosted by the Hampton Senior Center. Last day to purchase tickets is Friday, April 10. For more information call 727-1601.				

Spring Fling Senior Expo	55+	Wednesday, April 22 • 11am-3pm	HSC	FREE
Walk around and enjoy 30+ interactive and informative exhibits. Exhibits will be of all nature; health, education, housing, insurance, etc. This event will only have information beneficial to seniors. For more information call 727-1601.				

Return the LOVE Spa Day	55+	Friday, May 8 • 11am-2pm	HSC	FREE
It's time to shine and strut to show appreciation to our Mothers; mini facials, manicures and pedicures will be given to pamper the women that are most important in our lives. This event is open to all women 55+; you must pre-register by May 1. For more information call 727-1601.				

Movie Mania	55+	Wednesday, May 20 • Noon-2pm	HSC	FREE
Let's dim the lights and pull out the big screen, come join us for a double feature TWO FOR ONE bring a friend and enjoy two movies that will warm the soul. Popcorn and drinks will be served. For more information call 727-1601.				

Father & Son Potluck	55+	Friday, June 12 • 11am-2pm	HSC	FREE
Guess what you can have for lunch? Such a large variety of dishes could be available if fathers, sons, uncles, brothers, nephews, godfathers, and grandfathers connect with their favorite dish to make this the biggest food sharing experience ever. All males are invited to bond with one another. Join us to express our deepest appreciation to the men that mean the world to us. For more information call 727-1601.				

Denim & Diamonds	55+	Friday, June 26 • 5-8pm	HSC	\$5
Let's dance the night away...join in on the fun filled evening with LIVE entertainment. This will be an event not to miss. Line dancing, swing dancing, salsa and more, come show your moves on the floor. Heavy hors d'oeuvres will be served. For more information call 727-1601.				

Seasonal Crafting Class	55+	June 30 • 10am-Noon	OHCC	\$2 Supply Fee
Seniors come together to make small memorable crafts around the upcoming seasons or holidays. Registration for this class will be May 4-June 5. The craft will feature red, white & blue in honor of the celebration of Fourth of July. For more information call 757-1123.				

Sizzling “Hot” Family & Friends Day	55+	Friday, July 17 • 11am-2pm	HSC	\$7
Mix and mingle, come out and enjoy a good meal while we share our family and friends with each other. For more information call 727-1601.				

Breakfast & Bingo	55+	4th Wednesday of each month • 10am	WHCC	FREE w/HPR ID
Breakfast & Bingo is a fun time for senior citizens to get together and enjoy quality time with their friends while playing bingo and enjoying a delicious breakfast. There will also be prizes for the winners of each game! For more information call 727-1601.				

FITNESS

Gentle Yoga	55+	Mondays • 10-11am Wednesdays • 10-11am	NHCC NHCC	\$15/month; (One for \$15 or two for \$25) \$15/month; (One for \$15 or two for \$25)
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Gentle Yoga honors the body as it matures. We combine breathing and gentle movement to increase flexibility, range of motion, strength and energy. Class is designed to relieve stress, lower blood pressure, and promote overall well-being. Equipment provided, bring your own mat if desired. All exercises can be done on mats or in chairs. Great for beginners! For more information call 825-4805.

Silver Sneakers	55+	Mondays & Thursdays • 10-11am Tuesdays & Fridays • 10-11am Monday/Tuesday/Thursday • 11am-Noon	WHCC NHCC HSC	FREE w/HPR ID FREE w/HPR ID FREE w/HPR ID
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Silver Sneakers is a great way to stay active and keep your body strong. Seated chair class with some standing moves. Class combines light cardio moves to keep the heart strong, resistance training to increase muscle strength and bone density, and stretching to keep a strong range of motion and movement. For more information call 896-4687.

HAMPTON CLEAN CITY COMMISSION

1296 Thomas Street • 727-1130 • email: hccc@hampton.gov

Spring is a busy time for Hampton Clean City Commission advocates! Here are a few of our upcoming activities and projects — feel free to pitch in and help us out!

For more information about these events, visit the HCCC web site at www.hampton.gov/hccc, contact hccc@hampton.gov, or call 727-1130.

NEED VOLUNTEERS

Community Cleanup, King Street, **March 20** • 3-4:30pm

Walk Hampton Clean, **April 11** • 6am-Noon • contact 727-1158 for information

Community Cleanup, Ivy Home Road, **April 17** • 3:30-5pm

Litter-Free International Children's Festival, **April 18** • 9:30am-5pm

YARDS Judges Training, **April 20** • 10am-2pm

Forrest Elementary Earth Day Stories, **April 20-24** • 7:30am-2pm

Schools Appearance Index, **April 25** • 9am-4:30pm

Kayak Cleanups, **May-October** • contact 727-1158 for information

Langley Elementary Earth Day Stories, **May 11-15** • 7:30am-2pm

Community Cleanup, Ireland Street, **May 16** • 3:30-5pm

Clean the Bay Day, **June 4** • contact 727-1158 for information

**Watch for announcements about upcoming rain barrel workshops.*

JOIN IN & LEARN

Tour de Trash, **April 10** • 9am-3:30pm, tour of Hampton's solid waste facilities and more!

Remarkable Trees Tour, **May 16** • 9am-Noon

WARM WEATHER TIPS FOR KEEPING HAMPTON CLEAN & GREEN

1 Put trash in a trash can or a recycling container – NEVER let it loose into the environment! Trash that falls to the ground has an 80% chance of ending up in our waterways! Ask us for a recycling flyer to help you figure out which container to use.

2 Practice litter-free picnics – challenge yourself to pack picnics that will result in NO trash on the site. Use reusable containers, napkins, and dishes packed in reusable baskets or bags. If you can't meet the challenge, take a garbage bag to tie up your picnic waste so it won't blow away.

3 When walking your dog (or cat), take along a plastic bag to pick up your pet's waste. If you don't, that pet poo will wash into the storm drain, ditch, or waterway and pollute our water. Don't care? Tell that to the fish and shellfish you eat...

4 Invest in some reusable water bottles. In the long run you'll save money, and in the short run you keep water bottles from littering our landscape and floating into our waterways. Plus, you don't have to look for a recycling container, you'll just take your bottles home and refill them!

5 Know your grass. If your grass is brown in the winter, then follow Virginia Cooperative Extension recommendations for spring fertilization. If your grass is green in the winter, plan to fertilize in the fall, regardless of what the advertisers tell you.

6 Spring is a great time to plant flowers, but many shrubs and trees do better being planted in the fall. If you can wait, please do. If you can't, plan to water frequently throughout the summer until your trees and shrubs are established.

7 Speaking of watering, set a goal of installing a rain barrel. You'll save money on water, and help your storm drains by reducing storm water flow into them.

8 Do your car and our waterways a favor. Go to a car wash that collects and recycles its wash water. Washing your car on the driveway lets soapy water run into the storm drain and hurts our waterways.

9 Do you have the grass-mowing blues in the spring and summer? Mulch the grass as you mow. It's better for your grass because it returns nutrients and organic material to your soil!

311

Remember,
One call does it all!

Get City Action and Answers

For non-emergency city information and service, contact Hampton's Customer Call Center 24 hours a day, 7 days a week.

Dial 3-1-1 or (757)727-8311
email: 311@hampton.gov
www.hampton.gov/311



HAMPTON VA

Top Service, Information Requests

Animal Control

Trash, recycling, & bulk item collection

Flooding concerns

Grass & property maintenance complaints

Inspection requests

Pothole repair

Traffic signal & street light issues

Wastewater stoppages & overflows

Special event information

Property assessment data



Facebook: [HamptonVA](https://www.facebook.com/HamptonVA)

eNews: hampton.gov/enews

Twitter: [@cityofhampton](https://twitter.com/cityofhampton)

Instagram: [HamptonVA](https://www.instagram.com/HamptonVA)

PARKS & FACILITIES

AIR POWER PARK..... 726-0650

413 W. Mercury Boulevard
www.hampton.gov/parks/airpower

Visit this outdoor park and see the air power that played a vital part in America's early space exploration and aircraft testing. The indoor museum features models and artifacts dedicated to all branches of the military. Special space dedicated to all our little "space friends". Our children's room has a table and chairs for relaxing or reading one of our special books; we have service dress up clothes and toys to stimulate early learning. Our conference room is available at \$30 per hour for meetings and birthday parties. Schools and groups are welcome for tours. Children's playground and outdoor exhibits open year-round Monday-Friday, 8:30am-4:30pm. Free admission and parking.

BARK PARKS..... see page 7



BLUEBIRD GAP FARM see pages 16-17

BRIARFIELD PARK 850-5116

1560 Briarfield Road • Hampton, VA 23661

Softball players and fans come from surrounding areas to play at this regional athletic park. This 49-acre site plays host to many National Softball Association games and tournaments. The mild climate in Hampton allows this park to be used year round by sport and nature enthusiast. The park features four lighted softball fields, five lighted tennis courts, picnic shelters and a children's playground.

BUCKROE BEACH PARK 850-5134

100 1st Street South • Hampton, VA 23664

Buckroe Beach is a favorite of residents and visitors to Hampton. The 3/4 mile clean, uncrowded beach is perfect for a day of relaxation. The adjacent park provides picnic shelters with table & grills, a children's playground, a large stage pavilion for community events, festivals and ample open space. Lifeguards are on duty 10am-6pm, Memorial Day to Labor Day. Interpretive programming available. No pets allowed in Park area from May 15 to Sept 15. For information on shelter rentals call 727-6348.

BUCKROE FISHING PIER see page 8

DARLING STADIUM 727-6348

4111 Victoria Blvd.
www.hampton.gov/parks/darling_stadium

The stadium is open for public jogging year-round 7am-3:30pm on Monday-Friday. All other paid events are scheduled in advance. This state of the art stadium is the host for football, soccer, track, and special events for the Hampton City School system.

EASON MEMORIAL PARK

The James M. Eason Memorial Park is a barrier free park located on Victoria Blvd. This park offers picnic shelters, a small children's playground and a relaxing walking trail.

FORT MONROE COMMUNITY CENTER 727-6831

100 Stilwell Rd • Fort Monroe, VA 23651

Hours of operation are Monday-Friday, 8am-8pm and Saturdays from 8am-4pm. Pool hours are Monday-Friday from 8am-Noon and then again from 4-7:45pm, also Saturdays from Noon-4pm. Hampton Parks & Recreation Memberships are available for \$20/year for adults and seniors and \$15/year for youth and teens. Fort Monroe Community Center has rooms available to rent for meetings and special functions, a large gym, and pool. We have bicycles for rent, interactive family book bags, and a large ceramic studio. Come check out what other classes and specials we have to offer! Water activities coming in the Spring!

GOSNOLD'S HOPE PARK 850-5116

This park is the destination point of many Hampton residents who come to enjoy the serenity of this 105 acre park. The park offers a variety of settings and amenities for families and individuals. Features include picnic shelters, campsites, a public boat ramp, BMX track, a fitness trail, athletic fields and a children's playground. The park is open year round from 7am to sunset.

HAMPTON AQUATIC CENTER 727-1123

300 Butler Farm Road
(located behind the Teen Center building)

Features a 25-meter indoor pool. For hours & classes, see pages 10-11.

HAMPTON HISTORY MUSEUM... see pages 18-19

120 Old Hampton Lane • Hampton, VA 23669
www.HamptonHistoryMuseum.org

Hours: Monday-Saturday, 10am-5pm
Sunday, 1-5pm

Adults: \$5,
Seniors, Active Military,
Active NASA,
Children ages 4-12, \$4;
Under 4, Free;
Groups (10 or more),
\$3 each.
Group tours can
be arranged.



HAMPTON PARKS & RECREATION DEPARTMENT OFFICES..... 727-6348

22 Lincoln Street • Hampton, VA 23669
Fax: 727-8313 • www.hampton.gov/parks

Athletics 727-8750
Athletics Hotline 727-6251
Mingee Drive Operations 825-4478
Parks Operations 850-5116
Picnic Equipment Rental 727-1601
Picnic Shelter Reservations 727-6348
Special Events Permits 727-6784
Therapeutic Recreation Programs... 727-1601

HAMPTON PERFORMING AND CREATIVE ARTS CENTER 766-1510

300 Butler Farm Road

Acting Classes • Theatre troupe • Dance Classes, all genres
Dance Ensemble • Musical Theatre • Vocal Classes
Recording Studio Services & Production Classes

All under one roof and for ALL AGES! In addition there will be Open Mic Nights for families, teens and young adults, concerts featuring local artists performing in our state-of-the-art theatre, poetry and song writing workshops and more! The Performing Arts Center is also the new home for the Musical Mosaic Vocal Ensemble, Powerhouse Poets, and Inner-tainer Theatre Troupe. The Center was created for classes, plays, concerts and recreational programming. All genres of music, dance and art will be showcased! Information sessions will be held on second Saturdays each month, from Noon-2pm. Come out, meet the instructors and tour the building! After-school programs will be available with membership. Classes begin in September.

For more information concerning the performing arts, call 766-1510 or email mstclair@hampton.gov. For room rentals and all other information call 766-1510 or email cmorris@hampton.gov.

HAMPTON SOCCER COMPLEX..... 726-8750

2421 Andrews Blvd. www.hampton.gov/parks/soccer_fields

The park is open daily 7am-sunset, including holidays. Hampton Soccer Fields feature four soccer fields and a parking lot. This site is used to support the city's soccer program and is used by local recreational leagues. Please call ahead to inquire about availability.

THE HAMPTON TENNIS CENTER see page 6

THE HAMPTONS GOLF COURSE..... see page 9

MILL POINT PARK 727-8311

100 Eaton Street
www.hampton.gov/parks/waterfront_and_feature_parks
Hours: Open daily 7am-sunset

This 2-acre park features a 300 seat amphitheater and a picturesque view of the Hampton River. The park hosts a variety of special events such as musical entertainment and festivals, and the stage is ideal for weddings. For rental information call 727-6348.

NORTHAMPTON COMMUNITY CENTER 825-4805

1435-A Todds Lane
(adjacent to Jefferson Davis Middle School)
Fax: 825-4737 • Email: nhcc@hampton.gov
www.hampton.gov/parks/north_hampton_cc
Hours: Monday-Thursday, 7-9pm • Friday, 7am-7pm
Saturday, 9-4pm • Closed Sundays

This community center offers programs and classes for all age groups ranging from piano lessons to fitness programs. Special features include a games room, full service fitness center, function and meetings rooms (small-medium size groups) and a reception room ideal for larger group meetings, receptions, banquets, workshops and seminars. Four lighted tennis courts, two basketball courts, two baseball fields, football field, and ¼ mile track located on the property.

NORTH PHOEBUS COMMUNITY CENTER . . . 727-1160

249 W. Chamberlin Avenue
Fax: 727-1162 • Email: npcc@hampton.gov
Hours: Monday-Thursday, 9am-6pm, Friday 9am-7pm
and Saturday 10am-4pm • Closed Sundays

This neighborhood facility has a weight room, gymnasium, kitchen, teen room, game room, two basketball courts and a playground.

OLD HAMPTON COMMUNITY CENTER 727-1123

201 Lincoln Street
Fax: 727-1134 • Email: ohcc@hampton.gov
www.hampton.gov/parks/old_hampton_cc
Hours: Monday-Thursday, 8:30am-8pm
Friday, 8:30am-7pm • Saturday, 8am-4pm • Closed Sundays

Features a 25-meter indoor swimming pool, gymnasium, activity rooms, game room, three tennis courts, two outdoor basketball courts, multi-purpose room, kitchen, locker room and playground. See page 6 for aquatics hours & classes.



SANDY BOTTOM NATURE PARK see pages 13-14

SENIOR CENTER 727-1601

3501 Kecoughtan Rd
Fax: 727-1145 • Email: hsc@hampton.gov
www.hampton.gov/parks/senior_center
“The place for positive aging”
Hours: Monday-Friday, 8:30am-4:30pm
Closed Saturday & Sunday

Programs for ages 55 and older. Features a game lounge, multi-purpose room, fitness area, and kitchen.

WEST HAMPTON COMMUNITY CENTER 896-4687

1638 Briarfield Road
Fax: 757 896-4606 • Email: whcc@hampton.gov
www.hampton.gov/parks/west_hampton_cc
Hours: Monday-Thursday, 6am-10pm • Friday, 6am-8pm
Saturday, 8am-5pm • Closed Sundays

This center features a 6,650 square foot gym, featuring a basketball court, 2 volleyball courts, and a perimeter walking path. Activities include league play, open basketball and volleyball, camps, clinics, and a walking club. A 2,200 square foot fitness room w/ free weights, machine weights and cardiovascular equipment. A multipurpose room for fitness, wellness, and enrichment activities. A community room for birthday parties, receptions, community meetings and classes. A jewel of WHCC is Hampton's first indoor climbing wall, a 9x9-meter rock surface wall, perfect for experienced climbers as well as first timers.

THE WOODLANDS GOLF COURSE see page 9

WOODLAND SKATEBOARD PARK

9 Woodland Road • Hampton, VA 23663
Open year-round. Sunrise to sunset only.
www.hampton.gov/parks/under_sports_and_fitness.

THANKS! Hampton Parks and Recreation would like to thank you for your sponsorship and support:

Bath Fitters
BayPort Credit Union
Bay Screen & Graphics
Bojangles (Commander Shepard Boulevard)
Chick-Fil-A (Coliseum Drive)
Citizens Unity Commission
Crowne Plaza Hampton Marina
Hampton Convention and Visitor Bureau
Jeff's Flowers, of Course!
M. Price Distributing
The Mariners' Museum
McDonald Garden Center
Mr. Rogers Windows
Peninsula Networking Exchange Club
Sam Rust Seafood
Thomas Nelson Community College
Willow Oaks Swimming Pool

thank you!

PARK SHELTER FEES

Aberdeen Neighborhood Park 1424 Aberdeen Rd.

Two Shelters free on a first-come, first-served basis

Bluebird Gap Farm

Shelters free on a first-come, first-served basis

Briarfield Park

\$50/Day: Azalea
\$40/Day: Boxwood, Dogwood & Magnolia

Buckroe Park

\$100/Day: Lighthouse, Starfish & Sand Dollar
\$250/Day: Pier 1 Shelter

Eason Park

4005 Victoria Blvd.
Small Shelter free on first come, first-served basis

Gosnold's Hope Park

901 Little Back River Rd.
Cedar \$75 (+ \$5 electricity);
Elm \$50 (+ \$5 electricity)
& Redbud \$50
Black Gum & Locust \$50;
Cherry, Bayberry & Oak \$40

Mill Point Park

100 Eaton St.
\$250/Day

Ridgway Park

85 E. Mercury Blvd.
Shelter free on first-come, first-served basis

Sandy Bottom Nature Park

\$40/Half Day/\$80/Day
Lakeside Pavillion
\$25/Half Day/\$50/Day
Parker Pavillion
\$20/Half Day/\$40 Whole Day
Individual Shelters

Y.H. Thomas Neighborhood Park

1300 Thomas St.
Shelter free on first-come, first-served basis



A FANTASTIC **FREE** EVENT FOR ALL AGES!



international children's festival

Saturday, April 18, 2015
Mill Point Park ■ 10am-5pm

[Downtown Hampton]

Experience the SIGHTS, SOUNDS & TASTES of over 35 countries!

What began fifteen years ago as an international festival for children has blossomed into an event for the young and young-at-heart.

Live performances, ethnic foods and expo booths feature something for everyone.

SPONSOR:



FOR MORE INFORMATION:

www.hampton.gov/parks
727-8311



Animals From Around the World

and what's even better than that, **Camel Rides** (\$), yep that's right on a real live camel. Don't miss it!



back by popular demand